





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

# BULLETIN

# 552 April 1 - 15, 2016

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/

## **Save The Date**

#### Circle the date for these upcoming events...

1. Progress Place 7th Annual Health and Wellness Fair

Wednesday, April 20, 2016 from 2:00 pm - 4:00 pm 576 Church St. (intersection of Church and Wellesley) 416-323-0223

Come out and visit booths from over 15 various agencies featuring topics relating to health promotion and illness prevention, nutrition and physical activity.

We welcome all consumers and service providers.

2. Repair Café at Albert Campbell Library

Saturday, April 23, 2016 from 11:00 am - 3:00 pm Albert Campbell Toronto Public Library, 496 Birchmount Rd. Scarborough

3. Suits Me Fine Fashion Show 2016 - See Me Shine A Red Carpet Event

Thursday, May 5, 2016, Sandi and Jim Treliving Gymnasium, Bell Gateway Building,

**CAMH Queen Street Site** 

Archway Musical Group Pre-Show: 1:00 pm - 1:30 pm

Fashion Show: 1:30 pm - 3:30 pm

Free Admission, All Are Welcome. www.camh.ca/suitsmefine

4. The Friendly Spike Theatre Band Is delighted to announce the company's 2016 production: What's Next...The Big C? By Henrik Kartna

Tuesday, July 12 (preview) to Friday, July 15, 2016 at 7:00 pm

The Scotiabank Studio Theatre within the Pia Bouman School of Ballet and Creative Movement, 6 Noble Street, PWYC, Reservations are advised: friendlyspike@primus.ca

Opening Night: Wednesday, July 13, 2016

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## **Community Announcements**

#### Managing Your Depression and Anxiety Group at the Mood Disorders Association of Ontario

MDAO is offering an educational recovery group focused on developing an understanding of, and tools to manage, depression and anxiety. The group will run for eight sessions. Each two and a half hour session will involve information presentation, dialogue and activities.

Through participation in this group you will:

- Develop an understanding of how thoughts, feelings and behaviours contribute to depression and anxiety.
- Acquire skills to manage thoughts, feelings and behaviours related to depression and anxiety.
- Learn strategies to better manage negative thinking, stress and worry.
- Develop tools to bolster self-esteem.
- Expand your understanding of relapse prevention strategies and planning.

#### **Upcoming Sessions**

Wednesdays 1:00 pm - 3:30 pm — starting **May 11th** for 8 weeks Info Session (Required) Wednesday April 20th, 2016 1:00 pm – 2:00 pm RSVP to Becky Curran: beckyc@mdao.ca or 416-486-8046 ext. 240

Thursdays 6:00 pm - 8:30 pm — starting **May 12th** for 8 weeks Info Session (Required) Thursday April 21st, 2016 6:00 pm – 7:00 pm RSVP to Elyse Grieco: elyseg@mdao.ca or 416-486-8046 ext. 238

Please note: Attendance at the Information Session is a requirement of registration.

#### **Mood Garden**

Mood Garden is an independent website, providing information, support and fun for people dealing with mood or related "disorders", via an online forum based in New Jersey. Mood Garden is not directly linked to, or affiliated with, any organization. We are not mental health professionals; no content on this site is intended as professional advice. Always consult your physician, psychiatrist or therapist before acting on any suggestions you may find here.

http://www.moodgarden.org/forum/

## 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 the C/S Info Centre at: 416 595-2882 and we'll email Martha for you and then she'll call you. Also, if you have any computer article suggestions for Martha please let us know!



#### **QUEER CHAT**

#### **Every first and third Tuesday of the month**

## from 5:00 pm – 6:00 pm at 416 Dundas St. East Come join us in discussing topics surrounding the LGBTQ+ community!

April 5th, 2016 —
Language and Labels: A peer group discussion on terminology used to identify LGBTQ+ people.

April 19th, 2016 — Celebrating Multiple Identities: A peer discussion on the multiple identities we wear in society.

#### Light refreshments will be served!

To register, please call: Monique 416-928-3334 ext. 234 Tia 416-928-3334 ext. 223

416 COMMUNITY SUPPORT FOR WOMEN IS A COMMUNITY MENTAL HEALTH AGENCY THAT HELPS WOMEN ACQUIRE AN IMPROVED QUALITY OF LIFE.

## **Employment Matters**

#### ARE YOU A CONSUMER SURVIVOR INTERESTED IN A PART-TIME JOB?

We are a unique social purpose enterprise working with outdoor plants and lawn maintenance, and we need dedicated staff. If you are interested in working with us please: **c**ome by and fill out an application.



#### **Parkdale Green Thumb Enterprises**

Working for Change 1499 Queen Street West. Suite 203

Or email us - greenthumb@on.aibn.com
No phone calls please



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## The Raging Spoon is Hiring

The Raging Spoon is hiring a cook position for its catering service. They offer a supportive work environment for consumer survivors consisting of applicable culinary training and a deep awareness of survivor challenges in the workplace. Previous commercial kitchen experience would be an asset. They do not however, turn away consumer survivor applicants based on lack of experience, but need to employ discretion when considering applicants for the position.

Please submit your c.v./resume by mid-April either by mail, walk-in or email to:
Address: 1658 Queen St. West Toronto, ON M6R 1B2
Phone: 416-504-6128

Email: ragingspoon@bellnet.ca

#### <u>Hospitality Workers Training Centre (HWTC) is offering a Culinary Pre-Apprenticeship Program,</u> starting on April 11, 2016

Youth (18-29) <u>and/or</u> recipients of OW or ODSP are eligible to participate in this program for FREE.

- The HWTC Culinary Pre-Apprenticeship is a 16 week program with the objective of preparing participants to enter into a:
- Workplace apprenticeship (paid and studying at college);
- A college-based culinary arts program (full-time in college); or
- Kitchen employment in an **entry level cooking position** (focus on hotels)

The first 8 weeks of the Pre-Apprenticeship Program will include practical and theoretical exposure to introductory culinary skills at Hawthorne Food & Drink located at 60 Richmond Street East. The final 8 weeks will be an unpaid placement with a partner kitchen (targeting hotels).

#### Course Schedule & Tools

- The course will be delivered 5 days a week and include Saturdays and Sundays. The course will be 8 hours per day, scheduled between 7:00 am 10:00 pm.
- Uniform and basic equipment will be provided. Uniforms are required.
- Successful participants should possess the following:
- The desire to pursue/explore a career in cooking/culinary arts & looking for a long term career
- The desire to work in an organized, fast-paced environment and demonstrate effective: communication, problem solving skills and high degree of cleanliness and self-discipline;
- Open work availability must be able to work all weekends (Saturdays and Sundays)
- The ability to stand for a minimum of 8 hours: bend, lift and push
- The ability to lift 50 lbs.
- Strong dexterity ability to use both hands to hold and grip a knife continuously;

#### INFORMATION SESSIONS every Tuesday at 2:00 pm (60 Richmond Street East, M5C 1N8)

For more information, please contact 647-930-9518 ext.308 tatiana@hospitalitytrainingcentre.com

www.hospitalitytrainingcentre.com



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## Things To Do

in our beautiful city...

Free and Low-Cost Events for April 1 - 15, 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

s changes to events happen from time to time, please call ahead to confil the time, place and date of the event you wish to attend\* Thank you!



#### **Arts and Crafts**

Tuesday, April 5 from 10:00 am - 12:00 Noon, this event repeats every Tuesday in April. **Coloring for Adults.** Do you remember how peaceful colouring was when you were a child? Join in for a colouring session that will rejuvenate your inner soul and relax your mind. Colouring pencils and colouring sheets will be provided. 416-396-8850. Cedarbrae Library, 545 Markham Rd., Lower Level Community Room. Adults. **Free** 

Wednesday, April 6 from 9:30 am - 11:00 am. **Colouring for Adults.** Join in for a fun adult colouring program and see why this pastime is so popular. Materials will be provided or bring your own. 416-225-2112 or marial@betelcentre.org. Bernard Betel Centre, 1003 Steeles Ave. West. Seniors. **Free** 

Thursday, April 7 from 12:00 Noon - 1:30 pm, registration required and this event repeats. **Quilting Group.**Come together to design and create a quilt for the future home of Stonegate Community Health Centre. Join Sandra Kuzniak as she leads participants through the making of the quilt. Participants will meet every other Thursday as an ongoing group. All levels are welcome. Quilting materials along with light refreshments will be provided. Space is limited, to register: 416-231-7070 ext. 307. Stonegate Community Health Centre, 150 Berry Rd. Adults. **Free** 

#### **Author Series**

Tuesday, April 5 from 7:00 pm - 8:00 pm. **The eh List: Ann Walmsley.** Meet the Canadian writers everyone's reading! The eh List Author Series presents daring journalist Ann Walmsley, who goes behind bars to explore the redemptive power of books with bikers, bank robbers, and gunmen. Her new book, "The Prison Book Club," follows six of the book club members, who kept journals at Walmsley's request and participated in candid one-on-one conversations. Book signing to follow. StaffArtsProgramsatNYCL@torontopubliclibrary.ca or 416-395-5639. North York Central Library, Auditorium, 5120 Yonge St. Adults. **Free** 

Wednesday, April 6 from 6:30 pm - 8:00 pm. **The Index Card: Helaine Olen in Conversation with Ellen Roseman.** The Toronto Star's Ellen Roseman talks with Helaine Olen, award-winning financial journalist and author of the best-selling "Pound Foolish," about her new book, "The Index Card: Why Personal Finance Doesn't Have to be Complicated." 416-395-5577. Toronto Reference Library, 789 Yonge St. Adults. **Free** 

Wednesday, April 6 from 7:00 pm - 8:00 pm, registration required. **My Personal Journey Investigating Animal Farms.** Sonia Faruqi will read from her book, "Project Animal Farm" and discuss her experiences investigating animal farms around the world. There will be a book signing after the talk. 416-395-5660 to register. North York Central Library, Auditorium, 5120 Yonge St. Adults. **Free** 







#### **Book Club**

Thursday, April 7 from 1:30 pm - 3:00 pm, this event repeats. **Cantonese Book Club.** Please join fellow book lovers to share and discuss contemporary Chinese literature once a month in a relaxing manner. Registration required at the branch. 416-396-8950. Agincourt Library, 155 Bonis Ave. Adults. **Free** 

Thursday, April 7 from 2:00 pm - 3:00 pm or 7:00 pm - 8:00 pm, this event repeats. **Adult afternoon and evening book clubs.** First Thursday of every month. On April 7, join in to discuss, "A Moveable Feast" and/or, "The Sun Also Rises" by Ernest Hemingway. Staffvvstaff@torontopubliclibrary.ca or 416-395-5951. Victoria Village Library, 184 Sloane Ave. Adults. **Free** 

#### **Conversation Circle**

Thursday, April 14 from 6:30 pm - 8:00 pm, this event repeats. **ESL Conversation Circle.** Do you want to improve your English speaking skills? Come and practice with a friendly group. 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free** 

#### **Crazy Talks**

Tuesday, April 5, from 7:00 pm - 8:30 pm. **Crazy Talks.** Irit Shimrat is an escaped lunatic who edited the magazine Phoenix Rising, co-founded and coordinated the Ontario Psychiatric Survivors' Alliance, wrote Call Me Crazy in 1997, and continues to write, edit, lecture and perform. She will rave about evading psychiatry while condemning its use of force, and quite possibly she will sing her song "Go Nuts." Join us in this conversation. Crazy Talks is a monthly discussion series on psych and mad politics. Join local author Erick Fabris and guest speakers who start each discussion with a presentation. Everyone is invited to participate and contribute. Crazy Talks is not affiliated with any mental health agency or university program. Our meeting space is wheelchair accessible. ASL interpretation may be available upon request. We meet every FIRST Tuesday of the month. For more information, please email madly@teksavvy.com or call 647-478-4241. OISE, Room 12-274 (12th floor) at 252 Bloor St. West, up from St. George Subway Station. **Free** 

#### **Employment Insurance (EI)**

Tuesday, April 5 from 1:00 pm - 3:00 pm, registration required. **Employment Insurance Application Workshop.** Come to this workshop to learn about the eligibility criteria for applying for Employment Insurance (EI), the process of the application and job bank information to get back into the workforce. An expert will be there to answer your questions. Please come in person or call to register: 416-396-8970. Malvern Public Library, 30 Sewells Rd. Adults. **Free** 

#### **Exhibit**

Saturday, April 2 from 1:30 pm - 3:30 pm (opening reception). **Autism Unframed Reframed.** In honour of the United Nation's World Autism Awareness Day; April 2nd, Creative Spirit Art Centre is proud to present artist Orhan Guven's solo exhibition entitled, "Autism Unframed Reframed". Orhan is a remarkably, talented artist with autism. He creates works inspired by the cityscapes and architectural features of international cities of Toronto, New York City, Paris and Istanbul. His artwork explores the highly intricate relationship between perspective and structure. Orhan's works are a part of the permanent collections of the Downtown Art Centre and the Exceptional Children's Foundation both located in Los Angeles. Autism Unframed Reframed will be his first solo exhibition in Toronto. The exhibit is on view for the month of April. We welcome you to see this highly transformative event which works to reframe negative misconceptions to positive realities about artists with autism. 416-588-8801. Creative Spirit Art Centre, 999 Dovercourt Road. All Ages. **Free** 

#### Farmers' and Flea Markets

Saturday, April 9 from 11:00 am - 6:00 pm. **The Trinity Bellwoods Flea – April Showers Market.** April showers bring May flowers! Join in for a curated grouping of 40+ local, handmade, vintage, floral, fashion and gourmet local food vendors. Little ones welcome! Shop, eat and support local all in one place at The Trinity Bellwoods Flea. The sounds: a fun and funky mix of 70's, 80's and 90's classic. To get your toes tapping and singing along. Lots of food. The vendors: 40+ of Toronto's best and on trend fashion, vintage, art, home decor,



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floral, baby, jewellery, beauty and gourmet food vendors. trinitybellwoodsflea@gmail.com or 647-763-5343. Studio Bar, 824 Dundas West. All Ages. **Free Admission** 

Saturday, April 9 from 9:00 am - 12:30 pm. **Mammoth Rummage Sale.** Great buys of collectibles, books, toys, games, jewellery and accessories, small furniture and appliances, sporting goods and other items. office@bloordale.ca or 416-621-1710. Bloordale United Church, 4258 Bloor Street West. All Ages. **Free Admission** 

Thursday, April 14 from 3:00 pm - 7:00 pm, this event repeats every Thursday. **Dufferin Grove Organic Farmers' Market.** Eat local & organic, year-round, at one of Toronto's oldest farmers' markets. Find our vendors & farmers indoors for the winter. <a href="www.dufferingrovemarket.ca">www.dufferingrovemarket.ca</a>, piiiaperez@gmail.com or 416-887-0651. Dufferin Grove Park, 875 Dufferin St. All Ages. **Free Admission** 

#### **Games**

Saturday, April 2, April 9 and April 16 from 2:00 pm - 3:30 pm. **Chess Club.** Have fun playing chess and checkers against players of all ages and skills levels. Learn new skills and strategies, play against your friends or challenge new opponents. No registration required. hwstaff@torontopubliclibrary.ca or 416-394-5210. Humberwood Library, 850 Humberwood Blvd. All Ages. **Free** 

Friday, April 8 from 1:00 pm - 3:00 pm. **Board Games for Adults.** Join us for board games! Board games are great for keeping your brain active and healthy! Come for an afternoon of strategy, competition, and fun. Bring a board game you wish to share or play one of ours. 416-394-5120. Richview Library, 1806 Islington Ave. Adults. **Free** 

Friday, April 15 from 10:00 am - 12:00 Noon, this event repeats every Friday. **FREE 50+ Board Game Cafe (Drop-in).** Join us for coffee and tea while you chat and play your favourite game. We have Scrabble, Monopoly, cards, Yahtzee, Dominoes and more. You're welcome to bring your own game or choose from the games that we have here. olderadults@centraleglinton.com or 416-392-0511. Central Eglinton Community Centre, 160 Eglinton Ave. East, in the 2nd Floor, Movie Room. Seniors 50+. **Free** 

#### Gardening

Wednesday, April 6 from 6:30 pm - 8:00 pm. **Ask an Expert: Growing from Seed.** Enter the exciting world of growing plants from seed! Master Gardener Susan Lipchak will discuss: - Why grow from seed - What is a seed and where to get seeds - Tools and equipment needed to grow seeds indoors - Seed germination: how and when to start your seeds - Caring for seedlings - Solving problems and keeping plants healthy - Starting seeds outdoors, collecting and storing seeds - Plus 19 great plants to grow from seed. 416-393-7720. Riverdale Library, 370 Broadview Ave. Adults. **Free** 

Saturday, April 9 from 1:00 pm - 2:30 pm. **Seedy Saturday.** Learn how to save seeds in the city with the Toronto Seed Library. In this all-ages information session, we'll 'bee' reviewing the basics of seed libraries and seed saving plus have free seeds on hand for everyone. There will also be a Children's Planting Workshop, so bring the whole family! Feel free to bring any questions you may have. Registration required, call 416-395-5720 or visit Downsview Library. Downsview Library, 2793 Keele St. All Ages. **Free** 

Tuesday, April 12 from 6:00 pm - 7:00 pm. **Ask An Expert: Garden Wise: Organic & Sustainable Methods.** Smarter and safer ways to garden. Hand in hand with nature: - Key elements of organic and sustainable gardening - Soil care? Compost, mulch, easy? No dig? ways - Condo composting and organic tips for container plantings - Water harvesting, irrigating, and optimal timing - Managing weeds and lawns without harmful chemicals - Avoiding problems and treating diseases - Exploiting natural pest controls - Importance of biodiversity and plant selection - Plus sustainable native plant choices. 416-394-1040. Oakwood Village Library and Arts Centre, 341 Oakwood Ave. Adults. **Free** 



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Tuesday, April 12 from 6:30 pm - 8:00 pm. **Ask an Expert: Gardening in the Shade.** Say yes to a lush and lively shade garden. Learn to identify different types of shade and why shade is an opportunity; find out how to choose the right plants for your garden; learn about perennials, groundcovers, grasses and woodland natives. 416-396-3975. S. Walter Stewart Library, 170 Memorial Park Ave Adults. **Free** 

#### **Health & Wellness**

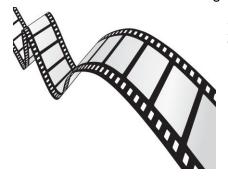
Saturday, April 2 from 9:30 am - 11:00 am. **The ABC's of Mnemonics.** Are you often unable to remember an important fact or figure? Do you forget people's names at the worst moments? Are you ever asked a question, and you should know the answer, but you struggle to form a reply? Mnemonics are simple memory-improving tools that help you connect every day, easy-to-remember items and ideas to information you want to remember. Later, by recalling these everyday items, you can also recall what you wanted to remember. By attending this workshop you will: learn about memory techniques, increase your power of concentration, and learn more about memory sports. Jbergerson@torontopubliclibrary.ca or 416-396-8950. Agincourt Public Library, 155 Bonis Avenue. Adults. **Free** 

Monday, April 4 from 6:30 pm - 8:00 pm. **Cancer Recognition by the Immune System.** Cancer is not one disease but a complex group of diseases resulting from an unnatural growth of our body's own cells. The immune system is as a first line of defense, however, this surveillance is not perfect and many cancers can evade detection. In this talk, graduate students from the University of Toronto will discuss how the immune system distinguishes healthy and unhealthy cells in our body. To register call 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free** 

Tuesday, April 5 from 2:00 pm - 3:30 pm. **Heart Health.** WoodGreen Community Services presents a free health information session on Heart Health. 416-396-3975. S. Walter Stewart Library, 170 Memorial Park Ave. Adults. **Free** 

Tuesday, April 12 from 1:00 pm - 2:30 pm, this event is repeats. **Hearing Health Care - Information and Support Group.** Learn to understand what it means to have a hearing loss. The Canadian Hearing Society will help you identify resources; give you practical advice and tips on how to cope with the everyday challenges. To register please contact Neelu Adamji at CHS at 416-928-2546. Participants will be asked to provide their health card number. Albert Campbell Library, 496 Birchmount Road. Adults. **Free** 

Thursday, April 14 from 2:00 pm - 4:00 pm. **Interactive Brain Health Workshop.** In this interactive workshop, get a better understanding of factors that may reduce the risk for developing dementia and that may help maintain brain health. It will include interactive games and exercises to illustrate key principles of brain health and activities that will aid individuals in identifying, applying and sustaining personally relevant strategies. Please call or visit branch to register: 416-396-8850. Cedarbrae Library, 545 Markham Rd. Adults. **Free** 



#### Movies

Tuesday, April 5 from 2:00 pm - 5:00 pm. **Stratford Festival HD Production Screenings: King Lear.** An aging monarch resolves to divide his kingdom among his three daughters, with consequences he little expects. His reason shattered in the storm of violent emotion that ensues, with his very life hanging in the balance, Lear loses everything that has defined him as a kingand thereby discovers the essence of his own humanity. (156 minutes) 416-393-7703. Beaches Library, 2161 Queen St. East. Adults. **Free** 

Wednesday, April 6 from 6:30 pm - 8:00 pm. **Filmmaker/visual humourist Cameron Tingley presents his short live-action films and shares his observations of modern society.** Step back from the hubbub of daily life to look at it with fresh eyes. It will make you laugh, think, and wonder, all at the same time. 416-393-7703. Beaches Library, 2161 Queen St. East. Adults. **Free** 





Thursday, April 7 at 7:00 pm. **Movie Thursday - Barry Lyndon by Stanley Kubrick.** An Irish rogue wins the heart of a rich widow and assumes her dead husband's aristocratic position in 18th-century England. culturel@alliance-francaise.ca or 416-922-2014. Alliance Francaise, 24 Spadina Rd. All Ages. **Free** 

Wednesday, April 13 at 2:00 pm. **Movie: Gravity**. Gravity, starring Sandra Bullock and George Clooney will be shown at the Beaches Library. (CC will be used when available). 416-393-7703. Beaches Library Branch, 2161 Queen St. East. **Free** 

Thursday, April 14 at 7:00 pm. **Movie Thursday - Bye Bye Blondie.** Alliance française invites you to the screening of the movie Bye Bye Blondie by Virginie Despentes (2012), with Emmanuelle Béart. The screening will be presented by Lucie Carette, Cinema and new media officer at the French consulate. A Love Story Of Two Women Who meet up in their late forties and attempt to retrieve the romance they had in their youth. Comedy, Drama. This movie will be screened in French, with English subtitles. culturel@alliance-francaise.ca or 416-922-2014. Alliance Francaise, 24 Spadina Road. All Ages. **Free** 

Friday, April 15 from 2:00 pm - 4:00 pm, this event repeats. **Afternoon at the Movies.** Enjoy a free movie at the library! Everyone welcome. 416-396-8890. Albert Campbell Library, 496 Birchmount Road. All Ages. **Free** 

#### Museums – when it's free to visit

Every Wednesday, between 5:00 pm - 8:00 pm. Textile Museum. 416-599-5321 or info@textilemuseum.ca http://www.textilemuseum.ca/programs/programs. 55 Centre Avenue. PWYC. ~ A BIG Thanks to a subscriber for tipping us off to this!!



#### Music

Thursday, April 14 from 7:00 pm - 8:00 pm. **Toronto Beach Chorale Sings Elizabethan Madrigals.** From the minstrel gallery under the vaulted ceiling of Beaches Library, the Chorale performs madrigals, the sophisticated, polyphonic and secular song form of Shakespeare's time. 416-393-7703. Beaches Library, 2161 Queen St. East. All Ages. **Free** 

#### **Open House**

Friday, April 1 from 10:30 am - 12:00 Noon. **Open House/Fair at Weston King Neighbourhood Centre.** Weston King Neighbourhood Centre is opening its doors. They will be inviting organizations from the local community to showcase their services as well as have tables set up for people who would like to showcase their handicrafts and artwork. Come and join us to mingle with community members! Refreshments and snacks will be served. Visit: <a href="http://www.wknc.ca">http://www.wknc.ca</a>, 647-678-3446 or liza.hammada@gmail.com. 2017 Weston Rd. at King St. All Ages. **Free** 

#### **Poetry – April is National Poetry Month**

Monday, April 11 at 6:30 pm. **Brian Brett, Poet In Residence.** From Homer to Eminem, Brian Brett presents a visual tour of the great narratives of poetry around the globe and through time. Explore Gilgamesh, the Ramayana, the sagas, the Popol Vuh, the Malinese origin of the talking blues, aboriginal song lines of Australia, Inuit throat singing, Navaho chant systems, medieval ballads and modern performance poetry. fsmith@torontopubliclibrary.ca. Bloor/Gladstone Library Branch, 1101 Bloor St. West. Adults. **Free** 

#### Safety

Monday, April 11 at 7:00 pm. **Personal Safety Seminar.** Branch 22 is proud to be hosting PC Ingrid Hannah from the Toronto Police Services - 54 Community Response Unit for a free personal safety seminar in The Normandy Room\* (2nd floor). All are welcome to attend. This is a free seminar; however non-perishable food donations for our local food bank are always appreciated. If you have any questions, please contact Branch 22 during our regular business hours. www.facebook.com/groups/rcl22, jimb.farrell@yahoo.ca or 416-425-1714. Royal Canadian Legion Branch # 22, 1240 Woodbine Ave. All Ages. **Free** 





#### Sign Language

Friday, April 15 from 6:00 pm - 8:00 pm, this event repeats. **ASL Conversation Group.** Socialize in American Sign Language (ASL) and make new friends. Basic knowledge of ASL is encouraged as no instruction is provided. Drop in. 416-396-8890. Albert Campbell District Library, 496 Birchmount Rd. Adults. **Free** 

#### **Walking Group**

Tuesday, April 12 from 11:00 am - 12:00 Noon, this event is repeats every Tuesday. **Parkdale Walking Group.** Join a 30-60 min wellness walk every week. Wear good shoes and weather-appropriate clothing. Bring water, snacks provided. Rain or shine. Meet at 10:45 am in front of the library, walk starts at 11:00 am. parkdalewalkinggroup@gmail.com. Parkdale Library, 1303 Queen St. West. Adults. **Free** 



#### Yarn Lovers

Saturday, April 2, April 9 and April 16 from 10:00 am - 12:00 pm, this event repeats. **Saturday Morning Knitting.** Meet with other knitters to chat as you knit. Bring your own supplies. Limited instruction. For lovers of knitting. 416-393-7692. Annette Street Library, 145 Annette St. Adults. **Free** 

Thursday, April 14 from 2:00 pm - 4:00 pm. **Seniors Maker Program: Knit one, Crochet too!** Join us at Brookbanks library branch for an engaging maker event. Knit or crochet a simple project each month or work on a bigger project! Drop in, no registration required. 416-395-5480. Brookbanks Library, 210 Brookbanks Dr. Seniors. **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. Our Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4. www.csinfo.ca



Toronto Central Local Health Integration Network



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

From the C/S Info Bulletin Team: Helen and Cassandra and our wonderful volunteers: Jacqueline, Moira and Martha (the computer gal)!

Thanks for subscribing!

