



The Consumer/Survivor Information Resource Centre of Toronto

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BULLETIN

**Information for consumer/survivors of the mental health system,
those who serve us, and those who care about us.**

*Distributed through generous support from the Community Support and Research Unit (CSRUs)
of the Centre for Addiction & Mental Health (CAMH)*

June 15, 2009 Bulletin 396

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Newsbytes

Family awarded \$2 million in wrongful death suit. 49 year old Esmin Green died in a psychiatric emergency room in a New York City hospital while staff ignored her. Green collapsed on June 19, 2008 after 24 hours in the waiting room of Kings County Hospital Center in Brooklyn. The hospital video shows security guards and hospital medical staff looking at her briefly and turning away. They ignored her for 30 minutes while she thrashed on the floor. It took an hour for hospital staff to realize she had died. ("\$2M for family of woman who died on hospital floor". Updated Thu. May 28, 2009. The Associated Press). For full article visit http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20090528/hospital_settlement_090528/20090528/.

Dementia meds pose health risks. A Queen's University study published recently in the *Archives of Internal Medicine* journal compared 19,803 adults with dementia who were prescribed cholinesterase inhibitors to 61,499 who were not prescribed the drugs. Cholinesterase inhibitors are prescribed to people with dementias to help memory and can lead to slowed heart rate and fainting. Researchers discovered that seniors taking the inhibitors are at significant risk of requiring hip replacement surgery due to falls caused by fainting. ("Dementia drugs may put some patients at risk" CTV.ca. News Staff. Updated Thu. May. 28, 2009). Visit http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20090528/fainting_090528/20090528?hub=Health for full article.

Sad teens who drink at higher risk for suicide. A recent study of 32,000 US students (grades 7 to 12) reveals that teens who drink while feeling down have a 68 percent increased suicide risk. The increased risk appears unrelated to previous suicidal thoughts. The study was published in the *Journal of Adolescent Health*. ("Drinking while down may signal teen suicide risk" Joene Hendry, Reuters Health, May 8, 2009). Visit <http://www.reutershealth.com/archive/2009/05/08/eline/links/20090508elin018.html> for full article.

New research links FDA "blackbox" warnings to decline in depression diagnoses. Analysis of 8 years of data from more than 55 million patients suggests that the 2003 FDA warnings about suicide risk in youth taking antidepressants resulted in a decrease of previously *rising* rates of diagnosis. Diagnosis for anxiety and bipolar disorder among youth also decreased. It was known that the warnings had led to a decrease in prescribing antidepressants to youth but not that it had affected rates of diagnosis. Experts debate whether the decrease can be attributed to the FDA warnings. ("Depression diagnoses decline after FDA warning", Tue. Jun. 2, 2009, The Associated Press). Visit http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20090602/depression_090502/20090602/ to read story.

My Story – Mad Pride 2009

Peter Zed

When I first became involved with the organizing committee for MAD Pride 2009, I was completely unaware as to exactly the purpose of holding such an event. My entire thought process was skewed by my confusion and perception of mental illness. Since it's my illness, my brain and my pain, why would I want to share those things with others? Especially in the form of a week-long celebration? Was I crazy?

And there is the crux of the issue. Crazy. We label and dismiss and ostracize those elements of society we do not understand. Am I crazy because society has labeled me as such? Am I crazy because I am an abuse survivor? Am I crazy because I am disenchanted with societal norms that continually marginalize those who are weak?

Enough! I'm not weak. I'm not crazy. I'm a survivor, or so they tell me. As such, it became clearer to me that I needed to become more aware and more empowered when it came to dealing with my mental health. Living life in isolation, trauma and psychological pain is a cycle that must come to an end for all who have endured it. Having realized I'd suffered such pain since a child, the idea of joining MAD Pride to engage in reflection and re-evaluation was daunting.

But one day I knocked on the door and they welcomed me. There was no resume process. No judgment about my appearance. No therapist or psychiatrist. No pharmacy. No system. There was just us. A loose-knit band of individuals bonded by a desire to explore a definition of what life is like to be afflicted with mental illness. I found smiles and kindness. The inspiration of community involvement. Somewhere in there, I might even hope to find myself.

What will you find when you explore your understanding of mental illness during MAD Pride Week?

Will you find yourself reflecting on generations of psychiatric care in Toronto? Or will you find something else? Throughout six days of celebrations, MAD Pride 2009 is going to reboot your perceptions, stereotypes and labels. There will be a plethora of exhibits, rights awareness speakers and events, performances, panels and explorations of self, society and the support mechanisms that survivors rely on to live, love and learn.

Expect to be challenged by us. Expect to know survivors as you have never known them before. Expect heart, healing and hope. Expect MAD Pride. We'll be expecting you.

The City of Toronto has proclaimed July 13-19, 2009 as MAD Pride Week. A week-long festival of arts, education and heritage activities that recognize psychiatric survivors, consumers, MAD folks, and others for the purpose of community development, awareness and celebration. Visit <http://madpridetoronto.blogspot.org> for more.

Peter Zed

Wish List

Subscribers have wished for the following items: a stainless steel pot (8" wide and 3-4" deep) • a man's watch • a soft cover edition of *Gone With the Wind* • a resin table with 4 legs suitable for a balcony (for sitting and writing at) • a desk lamp or floor lamp for reading • a food processor • a breadmaker (I just know there's a bread maker out there looking for a good home.)

If you can fulfill one of these wishes, would like to make a wish, or have an item (in good condition) you would like to donate, please give us a call at 416-595-2882.

Table of Contents

Newsbytes

Page 1

My Story

Mad Pride 2009

Page 2

Wish List

Page 2

C/S Online

Page 3

Community

Announcements

Page 3

Job Postings

Pages 4 - 6

Places To Go...

Pages 6 - 10

<http://www.bouldertherapist.com/html/humor/Humor.html>

The site is owned by Barry Erdman, LCSW, a marriage counselor whose office is located between Mike's Camera and the Diamond Shamrock Gas Station on the east side of Folsom in Boulder, Colorado — but that's not important. What *does* matter is that laughter is good for the soul and Erdman has put together an extensive collection of mental health-related humour.

Computer Help Available

Free over the phone or online technical support for survivors. Help with repairs, upgrades, installations, networking. Coaching in MS Office, PhotoShop, etc. Virus and spyware scans and clean-ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

COMMUNITY ANNOUNCEMENTS

Inclusion of an announcement is *not* an endorsement of the views of any organization or individual.

Psychiatric Survivor Archives, Toronto Third Annual General Meeting

The 519 Church Street Community Centre
519 Church Street, Room 135
(just north of the corner of Church and Wellesley)
Saturday, July 4, 2009
1 – 4 pm

Psychiatric survivors/consumers/current or former patients and allies are welcome to attend PSAT's AGM to hear a report on past activities, discuss future directions and elect board members for the year ahead.

For more information please call: 416-661-9975.

For more information on PSAT please visit <http://www.psychiatricsurvivorarchives.com/>.

This meeting is wheelchair accessible.

The SPRING FLING, Parkdale's "Invent-Your-Own-Event" Festival is growing

Parkdale residents and businesses are planning a petting zoo, theatre, the Wear Your Own Fashions fashion show, the Parking Lot Art Show (at the Parkdale Library), music, dance, and many more events. The events will happen at a variety of locations around the Parkdale area throughout the day and into the night.

Gerard Kennedy, MP for Parkdale-High Park, is holding a Canadian Citizenship Ceremony for 40 or so new Canadians as part of the FLING.

Please check http://theambler.net/PSF/Schedule_of_Events.htm for the list of events and for Event Areas where you can put on your own event.

There is still plenty of time to plan your event. Send the Title / Brief Description / Location / Starting Time(s) / Ending Times(s) or your planned event to psf@theambler.net.

Remember, your event needn't be perfect. Do something you enjoy and others will enjoy it with you.

Please make sure your friends and associates know about the Parkdale Spring Fling on **Saturday, June 20th**.

Call Clair Culliford at 416-534-9139 or email psf@theambler.net.

Job Postings

Please note that we have a bulletin board at the Centre where we post jobs that we don't receive in time to publish in the Bulletin. It may be worthwhile for jobseekers to drop by periodically and check the board.

Community Outreach Programs in Addictions (COPA) seeks Outreach Worker

Applications accepted until June 19, 2009

Full-time Permanent and Contract Position(s)

Through its longstanding tradition of excellence in evidence-based treatment, case management and research, COPA will improve the quality of life for older adults with addictions, concurrent disorders and problem gambling issues. Our Geriatric Mental Health Crisis Outreach to Long Term Care Homes provides assessment and consultation by a Geriatric Addiction Specialist to individual residents and staff education on addictions and mental health issues and is available in all 85 of Toronto's Long Term Care Homes.

Main Responsibilities of Outreach Worker:

Assessment and case management skills; addictions/concurrent disorder treatment and counseling; clinical documentation in electronic case record and other databases; advocacy, resource brokerage and referral skills; crisis intervention; group facilitation; caregiver support.

Qualifications:

Minimum requirement is Bachelor's Degree or equivalent; understanding of issues for older adults with addictions/concurrent disorder and/or problem gambling issues; understanding of the challenges for older adults living in poverty and marginalization; excellent verbal and written communications skills; proven history of working in multidisciplinary teams including the health and social services sectors; strong computer proficiency; ability to work independently and be resourceful.

Interested candidates: please send your resume and cover letter to:

Kate Hamilton, Operations Administrator
Community Outreach Programs in Addictions (COPA)
200 - 49 Bathurst St., Toronto, ON, M5V 2P2
k_hamilton@copacommunity.ca

Visit www.copacommunity.ca for more information about COPA.

AIDS Committee of Toronto seeks Bathhouse Counsellor

Date Ad Posted: 6/3/2009

Application Deadline: 6/23/2009

Contract – Part Time

Salary: \$42,012 - \$48,377 annually

The AIDS Committee of Toronto (ACT) delivers responsive, effective, and valued community-based HIV support services and education, prevention, outreach and fundraising programs that promote the health, well-being, worth and rights of individuals and communities. The Bathhouse Counsellor will fill an on-site counselling role in a new Community Bathhouse Counselling Intervention (BCI) aimed at reducing the transmission of HIV/STIs and improving the overall sexual health of diverse communities of gay, bisexual and other men who have sex with men (MSM).

Note: This position requires the staff person to conduct the counselling intervention in an all-male environment.

Please forward a current resume, with covering letter detailing how your qualifications match this opportunity. Please no phone calls. Visit our website for more information: www.actoronto.org. The AIDS Committee of Toronto is committed to employment equity and encourages people living with HIV/AIDS, visible minorities and persons with culturally diverse backgrounds to apply and self-identify.

AIDS Committee of Toronto
399 Church St, 4th floor
Toronto, Ontario M5B 2J6
Email: careers@actoronto.org
Fax: 416-340-8224

For more information visit <http://www.actoronto.org>.

Houselink Community Homes seeks Support Supervisor

Houselink Community Homes is a leader in the field of supportive housing and recovery for people living with Mental Illness. We have the following opening for individuals interested in joining our progressive workplace.

The Support Supervisor is responsible for the delivery of support and program services within the Supportive Housing program. This includes: providing leadership to a team; liaising with community agencies, hospitals, landlords and other project partners; supervising and scheduling front-line staff; ensuring residents are receiving the appropriate services from a variety of sources both within and outside the agency; and related administrative tasks. You will be required to work flexible hours.

Starting Salary is step one \$50,623.00 per annum with a benefit package

For complete job description visit www.houselink.on.ca/careers.

Apply in writing by June 18, 2009 quoting File #SS222 to:

Hiring Committee
Houselink Community Homes
805 Bloor Street West
Toronto, ON M6G 1L8

No phone calls please. Only those selected for an interview will be contacted. Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, women, and people from the lgbt community.



A-WAY Express is the oldest social purpose enterprise in Canada, providing meaningful employment to people who live with mental health issues/illnesses. A transit based same day courier service, with 600 customer accounts, and 70 consumers, it is a thriving, growing business, with a double bottom line – the needs of the business are balanced with the needs of the employee. You must have lived experience of mental health problems to work at A-WAY.

Job Title: Full Time Business and Projects Manager **Salary Range:** \$40,000 - \$45,000

Working with Management Staff to ensure organizational effectiveness, through three primary foci:

1. Administration: Statistics and Finance, Risk Management and Leadership

Manage statistical and financial information; oversee the Risk Management Planning;

1. Special Projects Management and Annual Special Events

Special projects management, research for proposals and business plans

1. Community Relations

Staff support for and liaison with the Toronto Central LHIN CSI Network; maintain collaborative arrangements with community groups, funders, politicians, and other consumer/survivor groups

Qualifications

Post secondary education and/or experience in business management/project management

Minimum of 5 years management experience in a human services organizations and boards

Identification as a person living with a mental health issue; Familiarity with the c/s community

Commitment to anti-oppression, poverty reduction, recovery and the betterment of life for survivors

Demonstrated initiative, collaboration, and interpersonal, organizational, analytical, communications skills

Advanced Microsoft Office, on line/network environments and web publishing, and accounting software

Deadline for applications is Friday, June 26, 2009.

Resumes may be sent to: execdir@awaycourier.ca Please put APPLICATION in your subject line, or fax to 416.424.4528. No phone calls please. While we welcome all applicants, only those selected for an interview will be contacted. For more information, and full job description and qualifications, please visit our website at: www.awaycourier.ca

Income Security Advocacy Centre (ISAC) seeks Provincial Organizer

Please apply by Wednesday, June 17, 2009

Salary: \$52,000

ISAC is a specialty legal clinic working to better the income security of low-income Ontarians through test case and appellate litigation, community organizing, policy development and advocacy and public legal education. ISAC is seeking a provincial organizer for a 12 month contract to replace a permanent employee during a maternity leave with the possibility of a part time extension of four months beyond the twelve months.

Primary Responsibilities

The primary role of the provincial organizer is to work with low-income and anti-poverty groups in Ontario to advance the interests of low-income communities and support low-income people to advocate and speak for themselves.

Qualifications

- Community organizing experience in the anti-poverty/social justice context
- Demonstrated knowledge of income security programs and issues and their impact on marginalized communities
- Experience in popular education models, public education and plain language writing skills
- Excellent written and oral communication skills
- Excellent group facilitation and team-building skills

Provincial Organizer Hiring Committee
Income Security Advocacy Centre
425 Adelaide St. West, 5th Floor
Toronto, Ontario M5V 3C1
Email readf@lao.on.ca

Please note that this is **not** the complete job posting. To view the complete posting visit
<http://www.incomesecurity.org/index.html>.

PLACES TO GO... PEOPLE TO SEE...

Free and Low-Cost Events for June 15 - June 30

Exhibits

Note: With a valid adult Toronto Public Library card, you can borrow a Sun Life Financial Museum and Arts Pass (MAP) for your family to get in free at 14 different Toronto venues. The pass is FREE. Call the library info line at 416-393-7131 or visit http://www.torontopubliclibrary.ca/spe_ser_museum_arts_pass.jsp or visit Sun Life Financial Museum and Arts Pass (MAP) or visit your local library.

- June 27– January 3, 2010. **Dead Sea Scrolls - Words that changed the World.** One of the greatest archaeological finds of the past century. The Scrolls are a collection of biblical writings, apocryphal manuscripts, prayers, biblical commentary and religious laws. The Scrolls include 207 biblical manuscripts, the earliest written sources for the Hebrew Bible (Christian Old Testament). Royal Ontario Museum. 100 Queen's Park. Call 866-797-2120 (toll-free) or visit <http://www.rom.on.ca/scrolls/>. FREE with Sun Life MAP Pass.
- June 20 and 21 at 11 am – 5 pm. **The Battle of Black Creek Revolutionary War Re-enactment.** Watch as 200 soldiers in period costume battle in the Valley. Will the Rebels win or will the Loyalists trounce the upstarts? Skirmishes, encampments, self guided tour to interact with soldiers. 1000 Murray Ross Parkway (1 block East of the corner of Jane and Steeles). Call 416-736-1733 or email bcpvinfo@trca.on.ca or visit <http://www.blackcreek.ca/>. FREE with a SunLife MAP Pass.

Festivals and Celebrations

June 12 through June 21. Various locations and times. **Annual National Aboriginal Day and Aboriginal Week Celebrations.** Contact Mae Maracle at 416-392-5583 or email mmaracle@toronto.ca or visit <http://www.toronto.ca/diversity/events-aboriginal-day.html>. All events are FREE.

- June 15 – 26. Art Show hosted by **Métis Artists' Collective**. City Hall Rotunda. 100 Queen Street West.
- June 20 at 10:30 am – 6 pm. **Na-Me-Res Traditional Pow Wow**. Come and enjoy Na-Me-Res (Native Men's Residence) 5th Annual Community Festival/Traditional Pow Wow at Wells Hill Park (Bathurst and St. Clair West). RAIN OR SHINE. Everyone is welcome to join us for a day filled with traditional dancing, drumming, native craft vendors, children's area (courtesy of Red Pepper Spectacle Arts), native foods, and raffles. Grand entry is at noon. Call 416-652-0334 x 2227 or visit www.torontopowwow.com.
- June 21 at 5:30 a.m. Celebrate summer solstice and National Aboriginal Day with a sunrise ceremony and flag-raising at Nathan Phillips Square. 100 Queen St. West.

Celebrate First Nations culture, art and literature with the Toronto Public Library. Call 416-393-7131 or visit http://www.torontopubliclibrary.ca/pro_aboriginal_week.jsp. All events are FREE.

- June 20 at 2 pm. **Kickoff Event: Red Rooms and Cherokee Fires - A Literary Dialogue with author Daniel Heath Justice** (*Our Fire Survives the Storm: A Cherokee Literary History; Kynship: The Way of Thorn and Thunder*) and author/editor **Cherie Dimaline** (*Red Rooms*). Toronto Reference Library. 789 Yonge St. Call 416-395-5577.
- June 23 at 1:30 – 3 pm. **Pow Wow Celebration**. Spectacular dancers, drummers and singers bring the traditions to life in this pageant of native culture. Toronto Public Library. Malvern Branch. 30 Sewells Road. Call 416-396-8969 and
- June 24 at 1:30 – 3 pm. **Pow Wow Celebration**. Spectacular dancers, drummers and singers bring the traditions to life in this pageant of native culture. Toronto Public Library. York Woods Branch. 1785 Finch Ave. West. Call 416-395-5980. FREE

June 19 to June 28. Various times and locations. **Pride Week 2009**. The third largest LGBTIQ2S outdoor, free, multi-disciplinary arts festival in the world. It takes over 20 city blocks and has 8 stages. Voted the best FREE event by NOW Magazine. Attended by over a million people. Visit <http://www.pridetoronto.com/festival/>.

- June 28 at 2 pm. **Pride Parade 2009 "CAN'T STOP: WON'T STOP"**. Travels west on Bloor St. between Church and Yonge, then south on Yonge St. from Bloor to Gerrard St. and then east on Gerrard to Church St. FREE
- June 27 at 2 pm. The **Dyke March 2009** will start at Church and Hayden Streets, move north on Church to Bloor, west on Bloor to Yonge and then south on Yonge to Wood St. It will head east along Wood back to Church Street. ALL VEHICLES, including motorcycles, disperse along Yonge Street, South of Wood Street. Vehicles are not permitted east on Wood Street or north of Carlton on Church Street. FREE
- June 27 and June 28 all day. **2009 Street Fair**. The Pride Toronto 2009 Community Fair and Marketplace will educate, entertain and intrigue you with an exciting array of artisans, retail vendors, community organizations and much more. FREE
- June 27 and June 28 from 11 am - 6 pm. **Family Pride**. Check out the children's entertainers on the **Family Pride Stage**, make arts and crafts, visit the Style Zone, cool off in our H2O zone, have fun with inflatables or relax in our all new Storytelling Corner. The grounds of the Church Street Junior Public School (south east corner of Church Street and Alexander Street). FREE
- **More Events** (Various times and locations. Please click on links for details). Launch Party; Libido - The Official Dyke March Fundraiser; Pride Toronto and Maple Pictures present: The Baby Formula; BIG PRIMPIN at the Phoenix; From CHERRY BOMB with Love, The Official Dyke Day Afternoon Afterparty; Video Art Is Queer; Plot, Engage, Disperse (P/E/D); Proud Voices; Funkasia; DJ Central/Rehab; Wellesley Stage, Saturday; the new Just Gimme Indie! Segment; Central Stage, Saturday; Village Drag Stage, Saturday; Free Zone with the Community Cafe; transAction

June 20 – 21 at 8 am – 6 pm. **Toronto International Dragon Boat Race Festival**. This 21st annual event celebrates the Chinese tradition of dragon boat racing. The two-day event features races,

multicultural entertainment, food and live music. Close to 180 teams with over 5,000 paddlers are expected to compete in over 100 races throughout the weekend. Toronto Islands. Centre Island. Centreville. There is no admission fee to Centreville. However, the only way to get to Centre Island is by ferry. The Toronto Ferry Docks are located at the foot of Bay Street and Queens Quay. Fares range from \$6.50 for adults, \$4 for seniors/students (15-19 with a student card), \$3 for children, free for those under 2 years old. For more information on ferry schedules call 416-392-8193. Call 416-595-0313 x 23 or visit www.torontodragonboat.com. FREE Admission

June 28 at 9 am – 9 pm. **Bangladesh Annual Festival**. Presented by Bengali Cultural Centre. On Danforth Avenue from Victoria Park to Main Street. Call 416-591-0333 email bengaliculturalsociety@yahoo.ca or visit www.bengaliculturalsociety.com. FREE

June 19 - June 20, 2009 from 4 – 10 pm. **Second Annual EcoSavvy Festival- How to Screen through all the Green**. Presented by Enlightened Events. An exciting, free event for the public, focused on helping consumers to make informed choices while promoting local and sustainable businesses and organizations. Only green and responsibly made products and services will be featured, in addition to live music from local bands, delicious local and organic food, fun interactive activities such as the Eco-Fashion Show and EcoKids workshops, and presentations from knowledgeable speakers. Mel Lastman Square. 5100 Yonge Street (2 blocks north of Sheppard Avenue). Call 647-723-3693 or email inquiries@enlightenedevents.ca or register for event at register@enlightenedevents.ca or. Visit <http://www.enlightenedevents.ca/ecosavvylfestival> for more information. FREE

Film

Tuesdays from June 30 – September 1 at sunset (9 – 11 pm). City Cinema Returns for another year. This season's theme, **Adrenaline Rush!** offers movies with a taste of adventure. "The Man Who Knew Too Much" (1956). Yonge-Dundas Square. Call 416-979-9960 or email info@ydsquare.ca or visit www.ydsquare.ca. Emoti-Chair for the hearing impaired will be available. FREE

Peer Support

Saturdays at 4 pm. **Social Anxiety Support Group**. In addition to our weekly meeting, we hold regular social events, at pubs and restaurants, where members can build friendships and practice socializing with others facing similar challenges. Click here for the flyer. Mood Disorders Association of Ontario. 36 Eglinton Avenue West. MDAO Group Activity Room 1. Call 416-966-3309 or visit torontosocialphobia.tripod.com/index.html.

Mondays at 9:30 am – noon. The SYME 55 plus Centre offers a support group to help women recognize and address factors that cause stress. 33 Pritchard Ave. To register call 416-766-0388. Everyone welcome. FREE

Every second Monday. Adult support group by **Learning Disabilities Association**. Toronto District Chapter. 121 Willowdale Avenue. Suite 203. Call 416-229-1680 to book an intake interview. FREE .

Recreation/Fitness/Outdoor Fun

June – September. Toronto Outdoor Pools Are Now Open. Toronto has 211 outdoor pools located throughout the city. Many of the 90 indoor pools are open year round too. Call 416-338-POOL (7665) or visit <http://www.toronto.ca/parks/highpark.htm>. FREE

7 Days a Week. Discovery Walks is a program of self guided walks that link city ravines, parks, gardens, beaches and neighbourhoods. Informative signage will help you experience an area's heritage and environment. In this edition of the Bulletin we feature the **Central Ravine, Belt Lines and Gardens Walk**. A good starting point is Eglinton West Subway Station. The route leads you along the Belt Line Linear Park. The trail then crosses Yonge Street and enters Mount Pleasant Cemetery. After exploring the cemetery, you will enter a system of natural ravines, which lead you to the St. Clair Subway Station. This

walk is approximately 11 km long (about 3 hours minimum). Accessible washroom in Cemetery: open 9 am – 5 pm. Call Parks and Recreation Information at 416-392-1111. Visit http://www.toronto.ca/parks/brochures/walks/DW_Central.pdf for brochure. FREE

Various dates and locations. **Heritage Toronto Walks: Free Walking Tours.** Tours are led by volunteer local historians, community groups and heritage professionals. Visit www.heritagetoronto.org. Rain or shine. Wear comfortable shoes. No registration necessary. Just show up at the designated time and location. Here are some of the tours scheduled for June:

- Saturday, June 20 at 10 am. Leslieville. Learn about gardener George Leslie's plant nursery and contribution to Toronto's forests and gardens. Meet at Ashbridges Estate. 1444 Queen St. East just west of Woodfield Rd. Finish at Leslie Grove Park. Queen St. East at Jones Ave. 2 hours. Led by Joanne Doucette. FREE
- Sunday, June 21 at 1:30 pm. Campus and Cosmos: Astronomy in Toronto. Celebrate 400th anniversary of Galileo's development of the telescope and the International Year of Astronomy. Start at Bloor St. West and Devonshire Place (near Varsity Stadium). Finish at St. George St. and Russell Ave. 2 hours. FREE
- Saturday, June 27 at 1:30 pm. Winchester Street and the Necropolis. Explore a special corner of Cabbagetown on this tour of one of Toronto's oldest cemeteries. Start at NE corner of Parliament and Winchester St. Finish at Toronto Necropolis Cemetery (Winchester and Sumac St.) 1 ½ hour. FREE

Volunteer



Pet Volunteer Foster Parents. Become part of an important service that provides foster care to pets when a consumer/survivor has to go into hospital. Or use the service if you need someone to care for your cherished pet when you can't. Contact Linda Chamberlain at lchamb5702@rogers.com for information and application forms.



Workshops/Presentations

June 17 at noon – 1 pm. The Marion Powell Women's Health Information Centre invites you to the presentation: **Aging WISE-ly.** With Wellness of Independent Seniors Program, WCH. Marion Powell WHIC. Women's College Hospital. Room 916. 76 Grenville Street. Bring your lunch. Light refreshments will be served. RSVP: 416-323-6045. Visit www.womenscollegehospital.ca. FREE

Saturday, June 27 at 11 am – 6 pm and Sunday, June 28 at 11 am – 4 pm. **International World of Cats.** PAWSWAY, 245 Queens Quay West, Toronto, ON. From the regal Siamese to the fluffy Maine Coone, this weekend's focus is strictly feline. Meet cats ranging from pure breeds to those saved by local cat rescue organizations. Learn info on the proper diet and care of your beloved cat or kitten. Learn tips on integrating a new cat if you own an existing cat or dog. Watch exercise wheels and walking coats demonstrated. You'll absolutely purr!! Harbourfront Centre. 245 Queens Quay. North Building. Call 416-360-PAWS (7297) or visit www.pawsway.ca. FREE ADMISSION.

June 18 from 7 pm – 8:30 pm. **Stress Management Self-Help Workshop – Self-care for Self-helpers.** Presentation by Spencer Brennan of the Ontario Self-Help Network. Opportunity for self-help peers and individuals considering starting their own self-help groups. The Krasman Centre. 10121 Yonge St. Richmond Hill. Call Alex at 905-780-0491 x 119 to register or visit <http://www.selfhelp.on.ca/>. FREE

June 17 at 2 – 3:30 pm. **Memory and Aging: What's Normal, What's Not, and What You Can Do About It.** Dr. Nicole Anderson from Baycrest Hospital discusses types of memory loss and strategies to improve memory function. Question and Answer period follows. Toronto Public Library. Don Mills Branch. 888 Lawrence Ave. Call 416-395-5710. FREE

June 26 at 1 – 3 pm. **Understanding Stroke**. Monthly health talk session. Toronto Western Hospital. Auditorium. 2nd Floor. West Wing. 399 Bathurst Street (just north of Dundas). To register call 416-603-5800 x6475 or email Evangeline.roldan@uhn.on.ca. FREE

Writers/Books

June 1 – 30. Various times and locations. The Toronto Public Library celebrates Seniors Month with a literary event: **GreyMatters**. Visit www.torontopubliclibrary.ca/greymatters. All events are FREE.

- June 18 from noon – 1:30 pm. **Leaves of Grass** by Walt Whitman. Talk led by Alan Ackerman, Department of English, University of Toronto. Toronto Public Library. Northern District Branch. 40 Orchard View Blvd. Call 416-393-7610.
- June 19 from noon – 1:30 pm. **The Odyssey** by Homer. Talk led by Frederick Sweet, School of Continuing Studies, University of Toronto. Deer Park Branch. 40 St. Clair Ave. East. Call 416-393-7657.
- June 25 from noon – 1:30 pm. **Parables and Paradoxes** by Franz Kafka. Talk led by B.W. Power, Department of English, York University. North York Central Library. 5120 Yonge St. Call 416-395-5535.

Wednesday June 17 at 3 – 7 pm and Thursday June 18 at 12 – 4 pm. **BookAIDS**: Free books for people with HIV/AIDS. Can't Stop Reading, Won't Stop Reading! Pick up your summer reading materials at 399 Church St. 2nd floor, Room 220. Fill out ballot to win Mel Gibson DVD collection. Open to all people living with HIV/AIDS. Call 416-340-8484 or visit <http://www.actoronto.org/home.nsf/pages/act.docs.0935>. FREE

June 20 at 1:30 – 3:45 pm. **Free Writing Workshop**. Presented by Magie Dominic and The League of Canadian Poets. Sponsored by the Toronto Arts Council. Bring your manuscript and discuss your writing. Central Eglinton Community Centre. 160 Eglinton Ave. East. Call 416-392-0511 to register or visit www.centraleglinton.com. FREE

June 23 at 7 pm. **The eh List Author Series: Peter C. Newman** reads from his latest biographical hit: *Izzy: The Passionate Life and Turbulent Times of Izzy Asper*. Toronto Public Library. Barbara Frum Branch. 20 Covington Rd. Call 416-395-5440 or visit <http://www.torontopubliclibrary.ca/>. FREE

June 24 at 7 - 8:30 pm. **The eh List Author Series: Andrew Davidson** reads from his debut novel *The Gargoyle*, a love story that has had rights sold to 20 countries. North York Central Library. Auditorium. 5120 Yonge St. Call to register at 416-395-5672. FREE

June 26 at 2 – 3:30 pm. **Seniors and Older Adults Book Club**. Toronto Public Library. Burrows Hall. 1081 Progress Ave. Call 416-397-8740 to register. FREE

June 16 at 2 – 3 pm. **Meet the Author: Terence A. Keenleyside**. Journalist, diplomat, professor and author of the newly published *Missing the Bus, Making the Connection: Tales and Tastes of Travel*, he will entertain you with his collection of humorous travel stories and recipes. Toronto Public Library. Deer Park Branch. 40 St. Clair Eve. Register in person or call 416-393-7857. FREE

June 26 at 11 am – 4 pm. **Annual Gigantic Book Sale**. Great bargains. On the front lawn or inside if it rains. Toronto Public Library. Mimico Centennial Branch. 47 Station Rd. Call 416-394-5330. FREE

To subscribe to the *Bulletin* or *The Wellness and Recovery Newsletter*, call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net. The Bulletin is published twice a month on the 1st and 15th. The Wellness and Recovery Newsletter is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. It is published 4 times a year. Both are posted on the CRCT website at www.crct.org, and both publications are free to receive. We encourage people to subscribe by email if they can so we have the resources available to mail to those who do not have access to a computer or the Internet.