

# BULLETIN



C/S Info Centre exists to meet the information needs of  
Consumer/Survivors in the Toronto Area

Bulletin 421 July 1 - 15, 2010

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## Mad Pride 2010



In Toronto, July 12 to 18 is Mad Pride Week. A strong and tenacious tradition of community celebration, education and recognition in the name of pride makes our Mad Pride Week here in Toronto extra special.

“The first known event specifically organized as a Pride event by people who identify as psychiatric survivors/consumer/ex-patients was in Toronto, Canada when it was called ‘psychiatric survivor’ pride Day” held on September 18, 1993. It was first held in response to local community prejudices towards people with a psychiatric history living in boarding homes in the Parkdale area of the city, and has been held every year since then in this city except 1996.” (*Wikipedia 2010*,

*The Consumer/Survivor Information Resource Centre Bulletin, No 374, July 14 2008:2-3*)

Artists and activists, students and scholars are interpreting our movement in bright and hopeful ways.

This year, more than ever the Mad Pride Organizing Community is tapping into our creative energy. By developing a theatrical promotional piece that features psychiatric patient’s history we will help deliver the message that Mad Pride is rooted in proud history. Indeed, survivors in Toronto can actually touch this link, by touching the beautiful and proud patient built wall that stands at Queen and Shaw. Presentations of our lively piece are planned as a promotional activity on July 8 at Houselink, and during festival as a prelude to the Historical Patient Built Wall Tour, on July 14, and at The Fourth Annual Bed Push Parade on July 17.

Visit our blog at [www.madpridetoronto.blogspot.com](http://www.madpridetoronto.blogspot.com).

Finally, the Mad Pride organizing community is a grass roots community group that receives no official funding and donations to its cause of presenting annual Mad Pride activity are appreciated. Donations are managed by The Friendly Spike Theatre Band, a registered charitable organization at: 210, 2466 Dundas Street West, Toronto, M6P 1W9. That being said, people who are not in a financial position to donate should not.

**The Mad Pride 2010 Organizing Committee**

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# ***Mad Pride 2010 Scheduled Events***

**Monday, July 12 from 3:30 – 8 pm. Mad and Proud** by Houselink. May Robinson Auditorium, 20 Westlodge Ave. Featuring:

- ◆ PCLS Legal Jeopardy: **Know Your Rights.** Houselink members: **‘What gives us strength’**
- ◆ Dinner Break
- ◆ Movie: **“These Broken Wings”** (75 minutes), a documentary about two women who recovered from schizophrenia: Joanne Greenberg, author of the best selling novel “I Never Promised You A Rose Garden”, and Catherine Penney, a mental health nurse in California whose healing tale was chronicled by her therapist Daniel Norman MD, in the book “Dante’s Cure: A journey out of madness”. Discussion follows.

**Tuesday, July 13 from 1 – 3 pm.** Parkdale Activity Recreation Centre, 1499 Queen Street West. **Living Archive Project.** The Living Archive Project is a community initiative run out of the Parkdale Activity Recreation Centre that aims to re-tell the history of PARC and Parkdale through film, performance and historical preservation by and for PARC members. We present a short history of our project and screen our new short film: **“Survivors on Surviving”** starring Alice and John Rogers.

**Wednesday, July 14 from 6:30 - 8:30 pm.** Gather at the southwest corner of Queen and Shaw (due to construction at Ossington), 1001 Queen Street West. **The Patient Built Wall Tour** by Geoffrey Reaume, of Psychiatric Survivor Archives Toronto and featuring a prelude with May F.

**Thursday, July 15 from 1 – 4 pm.** Members Lounge, Toronto City Hall, 100 Queen Street West. **Still Crazy After All These Years** by Consumer Survivor Show Case. Presentations and info tables by Toronto CSI’s. Musical performances, light refreshments.

**Friday, July 16 from 5 – 10 pm. Mad Culture Jam:** Dream Team, Pandemic Theatre, Friendly Spike & others. By The Friendly Spike Theatre Band. May Robinson Auditorium, 20 Westlodge Ave.

- ◆ **Dream Team** – 5pm
- ◆ **Open Stage** and Brown Bag supper - 5:30 pm
- ◆ **Pandemic Theatre** 6:30
- ◆ **A Tale of Intolerance**, Charlene Zack - 7 pm
- ◆ A reading of the Friendly Spike Theatre Band’s new play: **The Dega and The Delbasid** – 7:30 pm

**Saturday, July 17 from 1 – 5 pm. 4th Annual Bed Push Parade, Bobbi Nahwegahbow Memorial Award, Mad Pride Honors, and Party at PARC.** By The Mad Pride Organizing Committee with PARC. Gather at the front of CAMH, 1001 Queen Street West and join parade to PARC, 1499 Queen West. Featuring a historical scene and the **PARC Drummers!**

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Mad Pride Toronto gratefully appreciates donations and in kind goods and services from the following organizations: Away Express Courier, C/S Info Centre, Houselink Community Homes, MSS, OPSEU, PARC, PCHC, PCIC, PCLS, PSAT, Soundtimes, Scotiabank, The Friendly Spike Theatre Band and many individuals, too, too many to name here!

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# NEWSBYTES

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**Health Canada Advisory for Champix.** Health Canada has advised Canadians who experience certain side effects when taking Champix to stop taking it immediately and to contact their doctor. The advisory is issued in response to continuing reports of neuropsychiatric symptoms including depressed mood, agitation, aggression, hostility, changes in behaviour, suicide related events, worsening of pre-existing psychiatric disorders, somnolence, dizziness, loss of consciousness, seizures, difficulty concentrating and serious skin reactions. Symptoms have occurred in patients with and without pre-existing psychiatric disorders. [http://www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/prof/2010/champix\\_2\\_hpc-cps-eng.php](http://www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/prof/2010/champix_2_hpc-cps-eng.php)

**Role of estradiol in eating disorders.** Researchers at Michigan State University have discovered that a form of estrogen called estradiol may play a role in the development of eating disorders. They found that the influence of genes on eating disorder symptoms is stronger in puberty-age girls who have higher levels of estradiol than other pubertal girls. Researchers say that increased estradiol levels appear to activate a genetic risk for eating disorders. <http://www.medicalnewstoday.com/articles/191017.php>

**CBT effective for depression in psychosis.** A UK study reports that cognitive behaviour therapy (CBT) conducted by non-experts in routine clinical practice significantly improved depression in patients diagnosed with psychosis. The CBT did not produce lasting improvements in other symptoms. <http://www.inpsychiatry.com/news/article.aspx?id=87851>

**Anticonvulsants and bone loss.** A Women's Mental Health blog discusses recent studies on anticonvulsant medications and bone loss in women. The studies suggest that anticonvulsants, especially older ones including phenobarbital, carbamazepine, phenytoin (Dilantin), and valproate, contribute to bone density decrease and fracture risk. There is less data on lamotrigine and other newer anticonvulsants. Some reports found a decrease in bone density as early as 1 – 5 years from taking the drug. Anticonvulsant drugs are increasingly prescribed for mood disorders. <http://www.womensmentalhealth.org/posts/anticonvulsants-and-bone-loss/>

**Bipolar people more empathetic, realistic.** A recent literature review from Tufts Medical Centre in Massachusetts shows that many people diagnosed with bipolar disorder may surpass the general population in spirituality, resilience, empathy, creativity, and realism. Bipolar depression is associated with greater empathy and realistic attitudes. Authors of the review say appreciation of these positive features may help combat stigma and contribute to positive outcomes for people diagnosed with the disorder. <http://www.inpsychiatry.com/news/article.aspx?id=87789>

**Antidepressants and increased risk of miscarriage.** A University of Montreal study has found an increased risk of miscarriage for women taking antidepressants during pregnancy. The increase holds especially for Paxil (paroxetine) and Effexor (venlafaxine) or combinations of different classes of anti-depressant medications. The risk of miscarriage goes from 20 to 34 percent. One in five of all pregnancies end in miscarriage. The antidepressants increase this number to one in 3. The authors of the study say that antidepressants should be used with caution and that women of child-bearing age need to be informed of the risks before they take them. Other experts say that the increased risk of miscarriage is very small and may be due to depression itself; that women in the study may not have filled their anti-depressant prescriptions; and that untreated depression in pregnancy is associated with low birth weight and increased risk for post-partum depression. [http://www.canada.com/news/Antidepressants+linked+higher+risk+miscarriage/3092615/story.html?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3a+canwest%2fF56+\(canada.com+Top+Stories\)](http://www.canada.com/news/Antidepressants+linked+higher+risk+miscarriage/3092615/story.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3a+canwest%2fF56+(canada.com+Top+Stories))

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# OPINION

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## “Someone Normal”

I have recently, excitedly, joined a dating website for singles wanting to meet other singles. One of the members who posted his profile stated that he was looking for “Someone Normal, like not on PROZAC or VALIUM.” This is a direct quote from his profile. As someone with a mental health issue and successfully on meds for twenty years, I was and am totally offended by his comment.

There is an email address where you can report concerns about members’ profiles and I wrote that address and reported my concern. I wrote in detail about how it would sound if a member wrote: “I don’t want to be with someone in a wheelchair or who is blind or deaf or who is Asian or Black, etc.”

And then I waited for a response to my email.

I received the following email from the dating site, and this is also a direct quote:

“Thank you very much for your reply regarding member #xyz. I have read through this member’s profile, and while I understand your concern, I believe that this member is trying to make a joke and is not seriously attacking any individuals who may have a mental illness. If you have any other questions or concerns please let me know. Thank you.”

OK, fellow consumer/survivors, how do you feel about this? I am still very upset; perhaps, even more so, because of the total lack of understanding of how those comments feel to someone with our already stigmatized issues.

Please feel free to send me your thoughts about this very true story, and also to send me any suggestions you have as to how I can respond to the website. My email address is [ostillcrazyafteralltheseyears@gmail.com](mailto:ostillcrazyafteralltheseyears@gmail.com).

S. C. Aaty

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## Cuts and Changes at CAMH

I’m losing one of the best mental health workers I’ve ever had. Why? New cuts at CAMH.

CAMH told me, in a letter from CSRU (Community Support and Research Unit) that I am to understand the cutting of all direct support from CSRU’s employment program as a transition.

If you’ve been around the mental health system for long enough, you’ve probably experienced these sorts of “transitions.” They hurt because the rapport and trust that you build with a good worker can’t simply be “transitioned” to someone else (if you actually do get someone else, and if s/he is respectful, effective, etc.)

My employment worker at ESD helped me decide, at a very difficult time, whether or not to continue my PhD, a huge goal for me, and she has given me very valuable encouragement and support all the way as I near completion – support not easily replaced.

And it’s not just 218 current ESD clients who are being affected. Fifty percent of Income Maintenance direct support is being cut, and changes are also being made in Housing Support.

I received an email from CSRU telling me this decision was “informed by input from clients...” Who asked me? If anyone recalls a formal process for client input about this, please let me know.

Clients and consumers are *stakeholders* in CAMH. I call on CAMH to have consumers at the table, to institute processes by which client input is *formally and institutionally* part of decisions about the programs which so directly affect our lives.

Scott Campbell

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# COMMUNITY ANNOUNCEMENTS

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

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## intervoice

The international community for hearing voices: [www.intervoiceonline.org](http://www.intervoiceonline.org)



As a launch of the **Canadian Hearing Voices Network**, the Leadership Project in consultation with Intervoice presents:



### “Do You Hear What I Hear? Alternative Perspectives on the Voice-Hearing Experience”

Monday, July 19, 2010

1 – 4 pm

Workman Arts Theatre

651 Dufferin St. (in St. Anne’s Anglican Church, just North of Dundas/Dufferin intersection)

This (free) forum is planned with the aim of better understanding the voice-hearing experience, and providing education on alternative perspectives and strategies.

The forum will involve two special guests from the US and the UK, as well as a community panel and a question and answer period.

Our special guests are Will Hall, in person, and Rufus May, via Skype.

Will Hall is a mental health advocate, writer, and counselor. Diagnosed with schizophrenia, he is recognized internationally as a leading organizer within the psychiatric survivor movement. In 2001 he co-founded the Freedom Center and in 2005 he became a co-coordinator of The Icarus Project. Hall hosts the FM radio program *Madness Radio* and in 2009 co-founded Portland Hearing Voices. He lives in Portland Oregon, where he studies Process Oriented Psychology and has a counseling practice.

Rufus May became interested in recovery from mental health problems after receiving psychiatric treatment for psychosis when he was eighteen years old. He trained as a psychologist and for the past 15 years has been seeking to promote more helpful approaches to states of confusion and distress. Rufus supports five self-help/recovery groups, including a ‘hearing voices’ self-help group and an ‘unusual beliefs’ self-help group called the ‘Believe it or not!’ group.

For more information: contact Brian McKinnon, 416-285-7996 x 227 or [bmckinnon@alternativetoronto.org](mailto:bmckinnon@alternativetoronto.org).

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### VanDuzer Art Studio SKETCHING & DRAWING WORKSHOP

Instructor Peter Rahul will be teaching at the studio every Monday this summer from 1 to 4 pm. We've had 4 classes already. The workshop is going to continue to the end of August.

Come join the group & improve your drawing skills!

Access to the VanDuzer Art Studio is free to everyone with mental health challenges. It is located behind Eden Community Homes at 196 Beverley St. Contact Tamara Wilen at 416-977-3655.





## The ODSP Action Coalition presents: Telling Our Stories: Disability Should Not Equal Poverty

Wednesday, July 7 from 1 – 5 pm \*NEW DATE\*  
Metro Hall Rotunda, 55 John St.  
(near University Avenue and King St. West)

Program Highlights: 2 - 4 pm

- Panel discussion on ODSP and human rights moderated by Carol Goar, Editorial Columnist - Toronto Star
- Personal stories told by individuals on ODSP
- Launch of the ODSP Action Coalition's Disability Declaration
- Photo exhibit by community activist Cheryl Duggan
- Displays, information tables and networking throughout the event

Light Refreshments will be served. TTC tokens available for low-income people

For more information or to request attendant care services, ASL or Real Time Captioning, please contact Naomi Berlyne at 416-539-0690 x 258. Visit our website: [www.odspaction.ca](http://www.odspaction.ca)

Requests for special needs services must be made by June 28.

The ODSP Action Coalition is a province-wide coalition of community disability agencies, provincial organizations, anti-poverty groups, legal clinics and people with disabilities on ODSP. The Coalition's mission is to push for improvements to ODSP so that people with disabilities can live with justice and dignity.

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### Not Far From the Tree

Not far From the Tree is a fruit harvesting program started in 2008 by Laura Reinsborough. It is currently running in the St. Paul/St. Clair West neighbourhood, the Parkdale-High Park neighbourhood and East York. Last year saw 300 volunteers harvest 3,000 pounds of food from local residences. Homeowners make their trees available for volunteers to harvest and the harvest is shared by the homeowner, the volunteers and a local agency. The organizers are planning preserving workshops so that fruit that is not eaten right away will not go to waste. [www.notfarfromthetree.org](http://www.notfarfromthetree.org). One of our readers tells us that the cherries are in 3 weeks early this year.

#### Computer Help Available

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

#### Wish List

We have received requests for a copy of Romeo and Juliet and the Coles notes, a vacuum cleaner, and a microwave. A reader whose VCR/DVD was stolen during a recent break-in is looking for a replacement.

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## EMPLOYMENT MATTERS

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A-Way Express is no longer accepting applications for the position of courier. We now have a very long waiting list. Applications already submitted will be kept on file and the applicant will be called when their name is next.

## Fred Victor Women's Hostel is hiring a Reduced Full Time Overnight Support Worker

**Application Deadline: 07/02/2010**

We strive to foster a workplace that reflects the diversity of the women we serve and welcome applications from all qualified candidates. No phone calls please.

<http://www.charityvillage.com/cvnet/viewlisting.aspx?id=215127&eng=True&fs=True&fa=False>

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## Fred Victor Centre is hiring a Reduced Fulltime Weekend Overnight Support Worker

**Application Deadline: 07/02/2010** Internal/External Job posting

Fred Victor is a not-for profit, community based organization that has assisted people living on low income in downtown Toronto for over 100 years. FV - Caledonia Shelter Site is currently looking for a reduced fulltime permanent weekend overnight support worker to join our team and to be responsible for ensuring the smooth running of the shelter.

We strive to foster a workplace that reflects the diversity of the community that we serve and welcome applications from all qualified candidates; however, only those selected for an interview will be contacted.

<http://www.charityvillage.com/cvnet/viewlisting.aspx?id=214997&eng=True&fs=True&fa=False>

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## CMHA is hiring a Vocation Rehabilitation Specialist

**Application deadline: 07/02/2010** Full-Time 10 Month Contract

We are seeking a Vocational Rehabilitation Specialist for a full time contract position with our ACT team at our Lawrence Avenue West site.

The Canadian Mental Health Association is an equal opportunity employer and encourages applications from equity seeking groups' including qualified individuals with personal experience of the mental health system. Visit

<http://www.workinginmentalhealth.ca/forms/listJobs.aspx> to view complete job posting.

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

Free and Low-Cost Events for July 1 - July 15

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For TTC information call 416-393-4636 (INFO) or visit the TTC website.

### ART

**June 19 - September 12. Tues – Sun from noon - 6 pm. Wed from noon - 8 pm. *Adaptation: Between Species.*** Canadian and international artists explore the relationship between the human, animal and natural worlds. The Power Plant Gallery, Harbourfront Centre, 231 Queen's Quay West (Queen's Quay West and York Street). 416-973-4949 [www.thepowerplant.org](http://www.thepowerplant.org) FREE

**July 1 to Aug 2 from noon - 5 pm. *Bamako in Toronto.*** See contemporary Africa through the lenses of three of its hottest photographers: Zanele Muholi (South Africa), Uche Okpa-Iroha (Nigeria), and Saidou Dicko (Burkina Faso). Gladstone Hotel, 1214 Queen Street West. 416-531-4635 [www.gladstonehotel.com](http://www.gladstonehotel.com) FREE

**Wed 7 to Sun 11 from noon - 6 pm. *Wake-Back-To-Bed.*** An art exhibition of drawing and painting techniques by emerging and established artists from the GTA inspired by the surreal and subconscious experiences of dreams and the world of sleep. XEXE Gallery, 624 Richmond Street West. 416-646-2706 [www.xexegallery.com](http://www.xexegallery.com) FREE

### COMEDY

**Thurs 1 to Sun 11 at 10 pm. *Late Night at the Club.*** Annual Fringe of Toronto Theatre Festival offers a nightly show with improvisational comedy, interviews with Fringe celebrities and dancing. Honest Ed's parking lot, 581 Bloor Street West at Bathurst Street. 416-966-1062 [www.Fringetoronto.com](http://www.Fringetoronto.com) FREE

## DANCE

**July 10 and 24 from 3 – 4 pm. Invitation to Dance.** Enjoy a dance performance on the first floor stage followed by a dance lesson. [Toronto Reference Library](#), 789 Yonge St. 416-393-7131 FREE

**July 12, 19 and Aug 9 from 7 – 8 pm. Belly Dancing for Healing, Exercise and Health.** An introductory workshop geared towards women of all sizes, shapes and ages. [Toronto Public Library](#), York Woods Branch, 1785 Finch Ave. West. 416-395-5980 FREE

## DRAMA

**Tues 13 and 20 at 8 pm. Twelfth Night.** Bring your own blanket to watch the Shakespearean play performed on the outdoor Philosopher's Stage at Philosopher's Walk (just south west of Museum subway station). 416-978-8849 [www.canopytheatre.ca](http://www.canopytheatre.ca) Pay What You Can Tuesdays

## FESTIVAL

**Until Sun July 4. THE TALL SHIPS ARE COMING!** Redpath Toronto Waterfront Festival. 15 international and local ships will participate, a fleet not seen here since 1994. Enjoy a walking tour and an environmental "Green Village" of booths and interactive programming. Salute from land and water the departure of the ships on July 4 at 2 pm. [www.towaterfrontfest.com](http://www.towaterfrontfest.com) FREE

**Thurs 1 from 12 - 9 pm. Summerfest.** Live stage performances and a Family Fun Zone. Hosted by radio station Vinyl 95.3. Woodbine Park (Corner of Lakeshore Blvd East and Coxwell Avenue). 416-534-1191 [www.vinyl953.com](http://www.vinyl953.com) FREE

**Thurs 1 to Sun 4. Pride Toronto.** Events for everyone supporting and celebrating the LGTBQ2SA (lesbian, gay, bisexual, transsexual, transgender, intersex, queer, questioning, 2-spirited, youth, allies) communities. Fun events for all include:

- **Fri 2 at 8 pm. Trans March.** Support transfolk and allies and march proudly down Church Street. Meet at Church Street and Hayden Street at 7 pm. FREE
- **Sat 3 at 2 pm. Dyke March.** A demonstration honouring the strength and diversity of women and transfolk. Meet at Church Street and Hayden Street FREE
- **Sun 4 at 2 pm. 30th Annual Pride Parade.** This year's honoured group is PFLAG, a group founded by parents to support lesbian and gay youth. (A is for allies). Bloor Street and Church Street. FREE
- **Sun 4 from 2 pm – 8 pm. Proud Voices.** Pride's literary stage features established and youth queer writers and poets. James Canning Gardens, 15 Dundonald Street. FREE

**PawsWay**, A Pet Discovery Centre, 245 Queen's Quay West (on the grounds of Harbourfront Centre). 416-360-PAWS (7297) [PawsWay.ca](http://PawsWay.ca)

- **Thurs 1 from 11 am – 5 pm. Canada Day at PawsWay!** Learn about Canada's unique breeds. Meet our very own Canadian breeds: The Nova Scotia Duck Tolling Retriever, Newfoundland, Labrador Retriever, Flat Coated Retriever, and Canadian Eskimo. Did you know Canada has two home grown cat breeds? Discover the unusual but 100% Canadian Tonkinese and Sphynx. Hear the tragic tale of the now extinct Tahltan Bear Dog. FREE
- **Sat 3 from noon – 5 pm and Sun 4 from 11 am – 3 pm.** Sgt. Woof on Duty! Sheliagh Sargent (alias Sgt. Woof) and her clever group of performing dogs will present an entertaining and educational show including Frisbee freestyle, canine freestyle dancing, agility demonstrations, fashion shows and manner demonstrations. Bring your dog down and learn how to teach him a trick from the experts. FREE

**Fri 2 from 6 – 11 pm. Sat 3 from 11 am – 11 pm. Sun 4 from 11 am – 6 pm. Taste of Lawrence: International Food and Cultural Festival.** Savour the flavour of the multicultural tastes and talents of Scarborough. Non-stop international talent on two stages & fantastic prizes. 416-288-1718 [www.tasteoflawrence.com](http://www.tasteoflawrence.com) FREE



**Sat 3 – Sun 4 from 10 am – 11 pm. 14th Annual Corso Italia Festival.** One of Toronto's leading multicultural events. Over 30 bands will perform live on street corners, patios and balconies. St. Clair Avenue West from Westbound to Lansdowne. 647-223-9064 [www.torontocorsoitalia.com](http://www.torontocorsoitalia.com) FREE

**Sat 3 from 1:30 – 5 pm. KaisoFest: Calypso at Dirty Jim's.** See Calypso at Dirty Jim's followed by a discussion with George Maharaj, author of *The Roots of Calypso*. Hear Crab & Callaloo live. [Toronto Public Library, York Woods Branch](http://TorontoPublicLibrary.com), 1785 Finch Ave. West. 416-395-5980 FREE

**Sun 4 from 5 - 6:30 pm. Canadian Stage in High Park.** Family Day Sundays until Sept 5. Free, interactive activities for children, parents and families with backstage tours, crafts, games, meet the cast and more. Weather permitting. 416-367-8243 [www.canadianstage.com](http://www.canadianstage.com) FREE

**Sat 10 and Sun 11 from noon – 11 pm. Afrofest.** Outdoor Celebration of African music and culture, presented by Music Africa. Queen's Park (Queen's Park Crescent and Avenue Road). 416-469-5336 [www.musicafrika.org](http://www.musicafrika.org) FREE

**Tuesdays, July 13 – 27 from 6:30 – 7:30 pm. Caribana comes to the library.** Get in Shape for Carnival. Calypsoize! Dance and rebound to the rhythms of Caribbean music. [Toronto Public Library, York Woods Branch](http://TorontoPublicLibrary.com), 1785 Finch Ave. West. 416-395-5980 FREE

## FILM

**The Older LGBTTO Resource Centre,** Everyone is invited, regardless of gender identity or sexual orientation. The 519 Church Street Community Centre, 519 Church Street. 416-355-6787

- **Mon 5 from 1 – 4 pm.** OLGBT Drop-In. Meet and Greet followed by a screening of films created by OLGBT members, **Barbara Center and Chee Lee**, developed for the 2010 Toronto LGBT Film and Video Festival. FREE
- **Mon 12 from 1 – 4 pm.** Meet and Greet followed by presentation by **Krin Zook** on working with the energetic body to bring healing on many levels. FREE

## HISTORICAL SITES

**From July 3 - August 29.** Visit **Toronto's Historic Sites** for free on the weekends. Enjoy visits to Colborne Lodge, Fort York National Historic Site, Gibson House Museum, Mackenzie House, Montgomery's Inn, Scarborough Museum, Spadina Museum, and Todmorden Mills Heritage Museum and Arts Centre. Music, drama, crafts for kids, heritage recipes to taste and other fun for the entire family. See [www.toronto.ca](http://www.toronto.ca) for full list of locations and hours. FREE

**Sat 11 from 1:30 - 3:30 pm. Railway Heritage Tour.** Led by the Toronto Railway Historical Association, tour the Railway Lands around Union Station and learn about their dramatic transformation since the first trains left the station in 1853. Meet at Front Street and Bay Street (South-West corner) and finish at Roundhouse Park (Bremner Blvd and Lower Simcoe Street). 416-338-0684 [www.heritagetoronto.org](http://www.heritagetoronto.org) FREE

## MUSIC

**Mel Lastman Square.** 5100 Yonge Street (two blocks north of Sheppard Avenue).

- **Thurs 1 from 5 – 10 pm. Features Olympic athletes,** magicians, jugglers, fire-breathers, dancers, music by Digging Roots and God Made ME Funky, followed by spectacular fireworks. FREE
- **Every Sunday from July 11 to August 22 from 7:30 - 9 pm. 2010 Sunday Serenades.** Featuring the very best in swing, big band and jazz acts to compliment Toronto's warm summer evenings. FREE

**Thurs 1 to Sun 4. Toronto Jazz Festival continues.** Various venues. 416-928-2033

<http://torontojazz.com>. Many free shows, including:

- **Fri 2 at noon. JAZZ.FM91 Monterey Jazz Festival Next Generation Orchestra.** Best and brightest high school musicians in the country. Toronto Star Stage, Nathan Phillips Square, 100 Queen St. W. 416-928-2033 FREE

- **Sun 4 at 12:30 pm. Jane Bunnett.** Toronto soprano saxophonist, flutist, bandleader and Juno Award winner brings mix of Cuban music and jazz to the festival. Shops at Don Mills, 1090 Don Mills Rd. 416-447-0618 FREE

**Sundays from July 11 until August 22. Sunday Serenades.** Outdoor evening concerts. Mel Lastman Square, 5100 Yonge Street. 416-395-7584 x 2 [www.toronto.ca/special\\_events/serenades](http://www.toronto.ca/special_events/serenades) FREE

- **6:30 – 7: 30 pm. Dancing with John.** Learn the fox trot and jive. FREE
- **7:30 - 9 pm. The best in swing, big band and jazz.** FREE

## WORKSHOPS/LEARNING

**Ongoing. Saturdays from 1 – 4 pm. Bright Day Community Development Drop-in.** Emotional support group for Spanish-speaking women. Objective of workshop is to provide information to the Hispanic community on physical trauma, divorce, depression and abuse. [Toronto Public Library, Black Creek Branch](#), North York Sheridan Mall, 1700 Wilson Ave. 416-395-5470 FREE

**Various dates and times. Dodem Kanonhsa' Elder's Cultural Facility.** 55 St. Clair Avenue East, 6th floor (just east of Yonge). People from all nations, ancestry and backgrounds are enthusiastically welcomed. 416-952-9272 [dodemkanonhsa@inac-ainc.gc.ca](mailto:dodemkanonhsa@inac-ainc.gc.ca)

- **July 8, 15, 22 and 29 from 1 - 3 pm.** A 4-week Series: **Indigenous Art Techniques.** Great for beginners & art enthusiasts! Facilitator: Brenda MacIntyre. FREE
- **July 2 – August 20 from 2 – 4 pm. Introduction to Aboriginal Spirituality.**

**Mon 5 from 6 – 8 pm. Subsidized Housing in Mandarin.** Learn about eligibility, procedures and priority groups applying for subsidized housing. [Toronto Public Library, Albert Campbell Branch](#), 496 Birchmount Rd. 416-396-8890 FREE

**Tuesdays, July 6 – August 31 from 6:30 – 8 pm. Knitter's/Crocheter's Night Out.** Enjoy an evening of knitting and crocheting. Plan projects that will also benefit the community. Light refreshments. [Toronto Public Library, Centennial Branch](#), 578 Finch Ave. West. 416-395-5490 FREE

**July 12 and August 23 from 6 – 7:30 pm. Stress Management thru Restorative Meditation.** Learn basic Yoga and meditation techniques. [Toronto Public Library, Agincourt District Branch](#), 155 Bonis Avenue. 416-396-8943 FREE

## WRITERS

**Tuesdays, July 6 – August 24 from 7 – 9 pm. The Joy of Writing.** Weekly writers' workshop and gathering where we read, write, laugh and inspire each other. [Toronto Public Library, Queen/Saulter Branch](#), 765 Queen St. East. Note: This group meets beside the library in the Ralph Thornton Centre, Mezzanine Level. Call Lucille at 416-392-6810 for details. FREE

**Tues 13 at 7 pm. Scream in High Park.** Outdoor literary event featuring readings from Wakefield Brewster, Margaret Christakos, Paul Dutton, Shani Mootoo and others. High Park Dream Stage, High Park (Bloor Street West & High Park Avenue). 416-466-8862 [info@thescream.ca](mailto:info@thescream.ca) PWYC

**Thurs 15 from 7 – 8 pm. Sonia Day: Incredible Edibles: 43 Fun Things to Grow in the City.** Toronto Star columnist, garden and author discusses her new book. [Toronto Public Library, Bloor/Gladstone Branch](#), 1101 Bloor St. West. 416-393-7674 FREE

To subscribe to the *Bulletin* or the *Wellness & Recovery Newsletter*, please call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at [csinfo@camh.net](mailto:csinfo@camh.net).

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