

MEETING THE INFORMATION NEEDS OF CONSUMERS/SURVIVORS IN THE TORONTO AREA

THE CONSUMER/SURVIVOR INFORMATION RESOURCE CENTRE OF TORONTO

1001 Queen St. West, Toronto M6J 1H4

Phone Hours: Monday to Friday from 9am to 5pm • Drop-in Hours: Monday to Friday from 9am to 4pm
416 595-2882 • csinfo@camh.ca • www.csinfo.ca

Our Mission

Drawing on the collective knowledge and lived experience of the mental health and addictions community, C/S Info provides information and resources to improve the quality of life and sense of community for all.

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C/S Info Tax Clinic: Tax Season Is Upon Us!

Even if you don't owe money to the government, there are three good reasons to do your taxes before April 30:

1. To ensure your HST, Trillium and Canada Child benefits keep coming to you. Assistance to understand and complete application forms
2. If you live in rent-geared-to-income, you need to show your CRA Notice of Assessment to your housing provider to prove you are still low income. Your rent will be set to the income on your Notice of Assessment.
3. If you are over 65, the Notice of Assessment is the proof that you are still low income and that will keep your GIS (Guaranteed Income Supplement) flowing. If your taxes are late, you could be cut off from part of your income in July.

If you owe money, it's even more important to do your taxes before April 30th to prevent penalties and interest from adding up.

Here at C/S Info we have a Community Volunteer Income Tax Clinic. What does that mean? We have wonderful volunteers here who can file your taxes, free of charge.

We only do simple returns that meet the following criteria:

- Must be a consumer survivor (identify as having a psychiatric or addictions history).
- Have income under \$30,000.
- Don't have self employment income or expenses.
- Don't have rental income (you aren't a landlord).
- Don't have capital gains (you aren't selling stocks, bonds, second properties) or have over \$1,000 interest income for the year.
- Didn't declare bankruptcy in the year we're filing your taxes for.
- Weren't widowed in the year we're doing your taxes for.

From now until May or June, we will only file 2016 returns. Once the current tax season is over, we will once again help with filing past and current year returns. We have the capability to go back to 2008, but CRA allows you to file as far back as 2007.

For more info, please give us a call at 416-595-2882

"I paint my own reality. The only thing I know is that I paint because I need to, and I paint whatever passes through my head without any other consideration."

– Frida Kahlo

How The Arts Can Contribute To Wellness

Article by Dominique Davies

1) Expressive Arts Therapy

Imagine that you walk into a room. Waiting for you there is a therapist who considers you to be the expert on yourself. She is there to be your companion on an artistic journey through your challenges, your pain and your achievements and to help you see new perspectives after you have played with the arts. You do not need to have any artistic experience at all.

Picture yourself in that room, where space is made for you to cover a wall of paper with paint, pastels or markers. There is clay for you to mold, musical instruments that are very easy to play, puppets that help you say what is hard, costumes for becoming something you long to be and notebooks for you to write poetry or whatever you like in. You might paint a picture and find that words come to mind. The therapist is always there if you need support in what you are making and to make sure you feel safe with whatever you are drawn to do, or to suggest a place to start if you are stuck.

At the end of the session, you discuss what the arts have brought out in you, made you feel and perhaps how they have shifted your approach to the concern you came in with. What I have described is a session in expressive arts therapy.

2) Exploring the arts on your own or with others

There are many other ways that you can use the arts on your own or in groups to help you grow and maintain your wellness. At home, you can turn up the music and dance, letting the tension out of your body. You can find paper and crayons and explore whatever comes to the page, maybe soon you have left your worries behind and are exploring a new image.

You can also join groups that appeal to you, many that are free, where you can pound out your frustrations on a drum and then connect with the sounds of others. You can play simple instruments in a circle and join in when you like, becoming part of the whole. You can share your photographs with others who might see connections with their photographs, or beauty in yours that you have missed.

No matter what road you take into the arts, even just a few steps for a short time, you may find relief, hope, new ideas and a part of yourself you didn't know you had. A part that can be there with you through good and bad times. The arts are always there for you. Ready to give you courage, waiting to give you strength.

Toronto Public Library – Low Income Tax Clinics

Trained volunteers assist seniors, newcomers, students, unemployed and low-income individuals to complete their tax returns. This is free and provided by Woodgreen Community Services. To find out if you are eligible and to register, contact the branch.

**Friday, March 3, 2pm - 5pm. Dawes Road Branch,
416 Dawes Road, 416-396-3820**

**Friday, March 10, 2pm - 5pm. Kennedy/Eglinton
Branch, Liberty Square Shopping Plaza,
2380 Eglinton Ave East 416-396-8924**

To see all Toronto Public Library Tax Clinics go to:
www.torontopubliclibrary.ca/search.jsp?N=&Ns=p_pub_date_sort&Nso=1&Ntt=income+tax+clinics
or inquire at any branch.

Changes Coming To ODSP In Toronto

ODSP in Toronto is working to improve how they provide services to better serve their clients. They will adding two new offices increasing the number from 5 to 7. Also improvements to the office environment and adding in accessible computer stations are on the agenda.

These changes will be ongoing throughout 2017.

For more info or to find out if you will staying with the same office or moving to a new one go to www.mcass.gov.on.ca/wp/en/programs/social-assistance/toronto-odsp-offices

Enter your postal code, call 416-314-6410, email mcassinfo@ontario.ca or speak to your caseworker.

Youth WRAP Through Fitness

The Gerstein Crisis Centre has partnered with The Jewish Nadal Community Centre (JCC), with funding from a Bell Let's Talk grant, to offer WRAP specifically for youth aged 16-29.

This project was developed by Gerstein Crisis Centre to incorporate WRAP learning with physical activity, assisting participants in exploring physical fitness and nutrition as recovery tools. We have partnered with the JCC and access their facilities for this project. WRAP Through Fitness at the Gerstein Crisis Centre usually involves a fitness session at the JCC followed by the traditional WRAP session afterward.

This group will start in April with registration opening in March. Program dates are to be determined.

For more information on WRAP and how you can get involved, please contact Marilee D'Arceuil at 416-929-0149 ext 259 or gersteinwrap@gmail.com • www.gersteincentre.org/wellness-and-recovery/wrap

Book Launch Dancing With Ghosts

Thursday, March 9, 5pm - 9pm

Dora Keogh Irish Pub, 141 Danforth Ave, Toronto

Book Launch for first time novelist Emily Gillespie. Celebrating the release of her book "Dancing with Ghosts." Come have some food, get a drink at the bar, socialize with friends and hear her read from the exciting new book. Her novel, set in Toronto tells the story of a young woman in an abusive relationship trying to navigate the mental health system-and finding herself frustrated and alone.

For more information about the book:

www.goodreads.com/book/show/33948943-dancing-with-ghosts

No phone Listed • No email listed



Lindsay A. Veh, Visual Artist

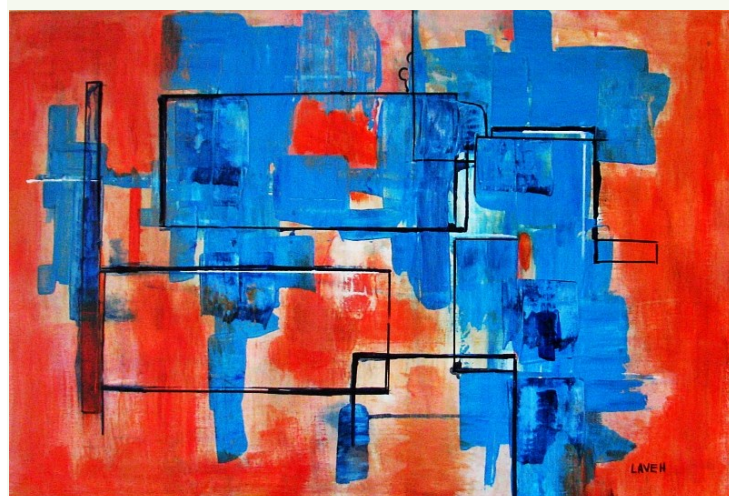
Lindsay studied at the Ontario College of Art and Design (OCAD-U), travelled and worked in the USA, Europe and home to Toronto.

Lindsay is a full-time visual artist and art facilitator for Parks and Recreation, City of Toronto, teaching children and adults. She has been involved in "pilot projects" in various institutions, teaching art classes at Regent Park, C.A.M.H. and Workman Arts. She has accepted commissions for City of Toronto painting murals on Bell Canada cable boxes, illustrations for poetry. She worked with other artists on a yearlong project of 6 mosaics for CAMH (Centre for Addiction and Mental health, Toronto).

Lindsay also is part of an Art Rental program for Workman Arts, in which works are sold or rented.

Artist's Statement:

"I paint mainly abstract and abstract expressionism, using acrylics, watercolour, inks and mixed media. I am fascinated by emotions and arrangement of things, often in unnatural surroundings. My works evolve from my personality and life experiences and am very interested when people look at my works and see something in the story, a brief moment or situation."



The 15th Annual Brainstorm Poetry Contest For Mental Health Consumers

Contest ends Friday, March 10 at 11:59pm

The Brainstorm Poetry Contest is a small fundraiser organized by Northern Initiative for Social Action (NISA) to promote and support the literary magazine Open Minds Quarterly: The poetry & literature of mental health recovery. The contest is open to all writers who have personally experienced addiction, mental illness or mental health challenges, aka "consumer/survivors" or "people with lived experience." Our goal is to recognize excellence with prizes for the winners. There is a \$12 entrance fee to submit three poems to the contest.

The entry fees go towards the monetary prizes, and to the magazine.

Full contest rules can be found at: www.openmindsquarterly.com/poetry-contest

Being Scene 16TH Annual Juried Exhibition

Wednesday, March 1 to Monday, March 27, Daily hours 12 Noon - 5pm, Free

Gladstone Hotel, 2nd Floor Gallery, 1214 Queen St. West. Opening Thursday, March 2, 6pm - 9pm

Featuring Being Heard – An Evening Of Storytelling

Thursday, March 23, 6pm - 9pm. Co-presented by Workman Arts, Raconteurs Storytelling & Myseum Toronto

For more information contact Visual Arts Coordinator, Claudette Abrams claudette_abrams@workmanarts.com

Visit www.workmanarts.com/wpcontent/uploads/2016/02/2015_being_scene_catalogue_final_spreads.pdf to view the 2015 Being Scene Catalogue.

416-583-4339 • No email listed • www.workmanarts.com/being-scene-2017

Not Lost Online Workshop

Not Lost is a creative grief-writing workshop for those who have lost someone, or many. For those living with and going through the trials of loss. For those living with the perpetual grief of violence and oppression.

Taking place online over six weeks in March and April 2017, the workshop consists of a mix of readings, exercises, meditations, and conversations designed to offer options for reflective creation and processing.

Each week, participants are emailed a package containing text and video guidelines that they can then access and complete at their own pace. During the week, participants are invited to join one another along with the instructor in online discussions during which folks can share work, ask questions, post revelations and otherwise engage collectively. There is no requirement for folks to contribute to these conversations or discussions. Participants are also invited to

chat and connect with the instructor one-on-one throughout the course. If folks prefer not to chat at all and to receive the exercises to work on, on their own – that's great too! The Not Lost Collective wants folks to be able to access this program in the ways that fit them best, as much as possible.

****Not Lost prioritizes participation from Black, Indigenous, and people of colour; queer, trans, non-binary, and 2spirit spectrum; sick, Deaf, Mad, blind, and disabled folk.****

Workshops are free or by sliding scale donation \$10-\$200 for the 6-class program.

For more information and to register: www.notlostworkshop.com

No phone listed • No email listed

Community Counselling

The 519's Counselling Program provides access to professionally trained and supervised counsellors who donate their time. There are no fees for this service. A volunteer counsellor will see you up to six times. If longer term counselling or group sessions are required, referrals are made to an affordable service. Counsellors are familiar with LGBTQ agencies and therapists, as well as doctors, lawyers and other professionals.

They also make referrals to other services, such as the Toronto Distress Centre, Family Services Toronto, the Sherbourne Health Centre and the Ontario Association of Social Workers based on their knowledge of the situation. Counsellors are aware of the sensitive issues that may

need to be discussed and all information is confidential. Discretion is assured when calling to set up an appointment and appointment information is only communicated with the person who has requested the appointment.

Booking an Appointment:

Anyone wishing to access the counselling program should call: 416-392-6878 ext. 4000 and leave a message.

The Counselling Program Coordinator will return your call in 2 to 4 business days to do an intake and put you on the waitlist. Due to high demand, there may be a wait of up to 4 months for your first appointment.

For more information visit:

www.the519.org/programs/community-counselling

Reclaiming Our Bodies & Minds Conference 2017

Friday, March 10th, 4:30pm - 8pm and

Saturday, March 11, 10:30am - 8pm

Ryerson Students' Centre, 55 Gould St, Toronto

Navigating Our Spaces, Places, and Histories is the third annual inter-university/college disability conference in Toronto. The Reclaiming Our Bodies & Minds Conference was initially hosted at Ryerson University in 2012. In 2014, student groups and campus/community activists from Ryerson University, York University, University of Toronto and George Brown College came together to imagine an inter-campus conference that brought together disability community activists, service providers, academics, and everybody in between. This is the second year of the Reclaiming Our Bodies & Minds Inter-University Conference.

The conference will be a safe, consumer/survivor/mad-positive, wheelchair-accessible space. ASL and live-

captioning will be present at workshops and panels, ASL will be present for performances. Attendants, childcare and active listeners are available on request at registration. There will be a debriefing space and a quiet space available on Saturday for the entire day. Overhead room lighting will be used in all spaces, but can be dimmed/turned off in the quiet and debriefing spaces. There will be no loud abrupt sounds in panels or workshops, and trigger/content warnings will be announced prior to performances. Should it not interfere with access to the conference, we ask for all attendees' participation in making the conference fragrance-free.

For full schedule of events, please visit www.facebook.com/events/1747179178939251

To register, please visit: www.eventbrite.ca/e/reclaiming-our-bodies-minds-conference-2017-tickets-30363193128

No phone listed • All general inquiries can be sent to: reclaimconference@gmail.com

Peer Support Workers Community of Practice

First Thursdays of the month, from 4pm - 6pm • George Brown College, 341 King St. East, Room 413

Next Meeting: March 2, Topic is Holistic Self-Care • Future Meeting: April 6, Topic is TBD.

The Self-Help Resource Centre runs a monthly peer support group for peer support workers and volunteers. This Community of Practice meeting is an opportunity for peer support group and one-on-one facilitators to get support from other peer facilitators, share valuable resources and experiences, learn and develop professional skills, and brainstorm solutions to challenges in the field.

Please register at registration@selfhelp.on.ca or 416-487-4355 ext. 21

Bring questions and challenges experienced in peer support. Coffee, tea and light snacks will be provided!

Repair Café Is Coming To Downsview Park

Saturday, March 18, 12 Noon - 4 pm

Downsview Park "The Hub"

70 Canuck Ave, North York

Repair Café Toronto is a grassroots, volunteer group that organizes events where neighbours help neighbours learn how to repair. The events are hosted by local community centres, branches of the Toronto Public Library and other community-based organizations.

For more information please contact:

info@repaircafetoronto.ca

No telephone listed



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Computer Help!

Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with: repairs, upgrades, installations, networking, virus and spyware scans and clean-ups, coaching in MS Office, 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 her or us know!

Sister Writes

Sister Writes is a creative writing and literacy program dedicated to marginalized women in downtown Toronto. Founded by writer Lauren Kirshner in 2010 with the support of Sistering, a drop-in center empowering ordinary women in extraordinary situations, Sister Writes provides women with the opportunity to work with professional women writers, develop creative potential, hone literary and leadership skills, receive mentorship, and build self-esteem. Hailed by The Toronto Star as a groundbreaking program, Sister Writes is one-of-a-kind in Toronto.

Now in its fifth year, Sister Writes provides an artistically empowering and collaborative creative writing program for homeless, underhoused, low income or marginalized women, and women who face extraordinary circumstances or life transitions. Through the support of our sponsors and the assistance of our guest writers, Sister Writes offers a range of hands-on programming that is free and inclusive: The Writing Workshop; The Mentorship Program; and our newly launched Outreach Program, which brings one-off creative

writing workshops to women's agencies across Toronto.

Since 2010 this is Sistering's longest running program, The Writing Workshop, has provided over 300 free creative writing workshops in the community for budding women writers and published seven literary magazines. Our guest workshop leaders have included acclaimed authors, poets, and journalists Jenn Cowan, Bernice Eisenstein, Lisa Foad, Catherine Graham, Ibi Kaslik, Emily M. Keeler, Jamila Allindina, Katherine Leyton, Brooke Lockyer, Hoa Nguyen, Emily Pohl-Weary, Grace O'Connell, Souvankham Thammavongsa, Andrea Thompson and Lindsay Zier-Vogel.

Empowering, inclusive and hands on, Sister Writes is dedicated to the principle of breaking down barriers to arts one story at a time.

*To register please call 416-926-9762 ext. 239
or email info@sisterwrites.com
www.sistering.org/What_We_Do/Sister_Writes/Sister_Writes.aspx*

Career Development



Happy International Women's Day!

Are you interested in exploring career options or looking for work?

Join our orientation session at Times Change Women's Employment Service and find out about all the innovative and supportive programs Times Change has to offer!

What to expect:

- Meet staff members who can answer your employment questions
- Tour of the facilities
- Sign up for employment workshops and computer training workshops that will help you find work Assistance in restoring benefit payments

Register for any one of our orientation sessions in March

Tuesday, March 14, 2pm - 4pm

Tuesday, March 28, 2pm - 4pm

Here is the link to register:

www.eventbrite.ca/e/times-change-orientation-session-for-women-tickets-26307395127

Katie Didyk

Marketing/Outreach Coordinator

Times Change Women's Employment Service

416-927-1900 ext. 222 (phone)

416-927-7212 (fax)

katie@timeschange.org

www.timeschange.org

Kelly Services Hiring Event

YWCA Employment Centre

3090 Kingston Rd, Suite 300, Scarborough

For More than 70 Years. The Kelly Girl® has evolved. Partnering with Kelly is the kind of proactive move that can put you on an inside track, give you access to more career opportunities, and land that dream job faster than doing it alone. Kelly Services will be pre-screening for the following roles:

- Accounting and Financial Services
- Human Resources
- Information Technology
- Office Support and Legal Placements
- Sales and Marketing

Requirements: Must have at least 1-2 years relevant experience in position(s) of your interest, intermediate to advanced MS Office skills, typing speed of over 35 wpm for Office Support roles; including Accounting.

Only those with two recent supervisory references (within the last two years) and excellent interpersonal and communication skills will be considered. Second language is an asset.

Send your résumé in confidence to:

linkstojobs@ywcatoronto.org

To be considered for an interview, please include the name of the event and position(s) of interest. Deadline for résumé submission is Monday, March 13, 2017.

After an initial phone screening, only applicants who meet the minimum qualifications will be invited to be interviewed by the Employer.

416-269-0090 • No email listed

www.ywcatoronto.org/upload/employment/Mar15-2017-KellyHiringEvent.pdf

Things To Do

Knitting Circle

Tuesday, March 7 & 14, 6:30pm - 8:00pm. Free

**Toronto Public Library, Kennedy/Eglinton Branch,
2380 Eglinton Ave. East, Scarborough**

A great place to share your interest whether you're a beginner or a pro, bring your handiwork and spend some time with fellow knitters.

Knitting Circles are held at many branches around the city. Ask at any branch if they have one or where the closest one is. You can also look on the website at:

www.torontopubliclibrary.ca/programs-and-classes/categories/hobbies-crafts-games.jsp

416-396-8924 • No email listed

[www.torontopubliclibrary.ca/detail.jsp?](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT19601&R=EVT19601)

[Entt=RDMEVT19601&R=EVT19601](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT19601&R=EVT19601)

Learn to Crochet Classes

Thursday, March 2, 4 pm - 5:30 pm, Free

**Toronto Public Library, Steeles Branch,
Bamburgh Gardens Shopping Plaza,
C107-375 Bamburgh Circle, Scarborough**

Classes offered to all ages and you work at your own level. Bring your hooks, yarn and your ideas and get started on your creations. Limited supplies available for beginners. Children under 10 years to be accompanied by an adult. Please register at the desk or by calling the branch.

416-396-8975 • No email listed

[www.torontopubliclibrary.ca/detail.jsp?](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT18924&R=EVT18924)

[Entt=RDMEVT18924&R=EVT18924](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT18924&R=EVT18924)

Operation Sock Monkey Workshop For Teens & Adults

**Saturday, March 4, 2pm - 4:30pm, Free • Toronto Public Library, Bayview Branch
Bayview Village Shopping Centre 123A-2901 Bayview Ave, North York**

Learn step-by-step how to make the cutest sock monkey! Operation Sock Monkey will be coming to show teens and adults how to create a sock monkey. Crafted sock monkeys will be donated to kids in need, but if you fall in love with it, you may purchase it for a small fee. (\$5)

To find out more about Operation Sock monkey please visit www.operationsockmonkey.com or by email at Indsey@operationsockmonkey.com

Ages 12 and up. Register In person at the branch or by calling 416-395-5460

416-395-5460 • No email listed • www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT280686&R=EVT280686

Long Branch Knitters

Thursday, March 2 & 9, 4:30pm - 6pm. Free

**Toronto Public Library, Long Branch Branch:
Program Room, 3500 Lakeshore Blvd. West**

Would you like to share your love of knitting? Want to learn to knit? Bring your own needles and yarn or use the ones provided.

416-394-5320 • No email listed

[www.torontopubliclibrary.ca/detail.jsp?](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT18953&R=EVT18953)

[Entt=RDMEVT18953&R=EVT18953](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT18953&R=EVT18953)

Adult Colouring Party

Tuesday, March 7 & 14, 7pm - 8:15pm

**Toronto Public Library, Leaside Branch
Program Room, 135 McCrae Dr. East York**

Come and experience the latest trend in relaxation! Studies show colouring can relieve stress and promote wellness. Colouring pages, coloured pencils, markers, crayons and relaxing music provided.

416-396-3835 • No email listed

[www.torontopubliclibrary.ca/detail.jsp?](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT19220&R=EVT19220)

[Entt=RDMEVT19220&R=EVT19220](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT19220&R=EVT19220)

Movies To Enjoy

Daddy Long Legs (1955)

Friday, March 10, 2pm - 4pm, Free
Toronto Public Library, Don Mills Branch
Auditorium, 888 Lawrence Ave. East

A musical where a mysterious benefactor pays for a young lady's education, meets her years later and they fall in love.

Tea and coffee will be served before the movies.

416-395-5710 • No email listed
www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT11880&R=EVT11880

Moonrise Kingdom

Tuesday, March 7, 2pm - 4pm, Free
Toronto Public Library, Riverdale Branch
Children's Program Room, 370 Broadview Ave.

Two 12 year old lovers run away and live in the wilderness. People are searching for them while a storm is coming into town.

Tea and coffee will be served before the movies.

416-393-7720 • No email listed
www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT18986&R=EVT18986



"It took me four years to paint like Raphael, but a lifetime to paint like a child."

– Pablo Picasso

Talks & Lectures

Luciana Longo

Saturday, March 4, 2pm to 3:30pm
Toronto Public Library, Richview Branch
Program Room 2nd floor, 1806 Islington Ave.

An afternoon with Luciana, author of *Si Mangia! Memoires, Lessons and Recipes from Italian Immigrant Life*. Listen to excerpts from her memoir, enjoy a cooking demonstration and try a trivia contest to win some tiramisu!

To register please visit or call the branch.

416-394-5120 • No email listed
www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT264976&R=EVT264976

Home Decluttering

Wednesday, March 8, 7pm - 8pm
Toronto Public Library, Leaside Branch
Community Room, 165 McRae Dr.

Learn to overcome being overwhelmed by clutter so you can work effectively.

A cluttered home adds tension and anxiety to your life. Learn how you can create a relaxed and comfortable home. A presentation by Cherri Hurst.

For more information, please call or visit the branch

416-396-3835 • No email listed
www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT265286&R=EVT265286

Gardening with LEGS

Thursday, March 2, 6:30pm - 8pm
Toronto Public Library, Long Branch
Branch Program Room, 3500 Lakeshore Blvd. West

Bring the outdoors in. Join local gardeners to share tips, plants, seeds and more. Co-sponsored with the Lakeshore Environmental Gardening Society (LEGS).

For more information please contact the branch.

416-394-5320 • No email listed
www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT19578&R=EVT19578

More Things To Do!

Noon Hour Concerts: Choral Gems Through the Ages

Thursday, March 2, 12 Noon, Free.

Seating is available on a first-come, first-served basis.

Roy Thomson Hall, 60 Simcoe St, Toronto

Mendelssohn Singers; David Briggs, organ; Noel Edison, conductor. The 70-voice Mendelssohn Singers is formed from the ranks of the much larger (150-voice) Toronto Mendelssohn Choir.

416-872-4255 • No email listed

www.roythomsonhall.com/tickets/current/2017/march/mendelssohn-singers/

Canadian Opera Company, Piano Virtuoso Series: Romantic Inspirations.

Tuesday, March 7, 12 Noon Free,

First come, first served. Late seating not available.

Four Seasons Centre for the Performing Arts,
Richard Bradshaw Amphitheatre, 145 Queen St. West

Romantics Inspirations: Works by Chopin, Schumann and Rachmaninoff. Charissa Vandikas on piano.

416-363-8231 • No email listed

www.coc.ca/PerformancesAndTickets/FreeConcertSeries/March.aspx

Protecting You & Your Money with Kelley Keehn

Toronto Public Library

Award-winning author and personal finance educator Kelley Keehn shares tips from her latest book, Protecting You and Your Money: A Guide to Avoiding Identity Theft & Fraud.

March 7, 6:30pm - 8pm • Barbara Frum Branch, 20 Covington Road, North York • 416-395-5440

March 8, 10am - 11:30am • York Woods Branch, 1785 Finch Avenue West, North York • 416-395-5980

March 9, 6:30pm - 8:00pm • Palmerston Branch, 560 Palmerston Avenue, Toronto • 416-393-7680

Please contact the branches to register.

Subscribe For Free!

To subscribe to The Bulletin call The C/S Info Centre at 416-595-2882 or email us at csinfo@camh.ca.

The Bulletin is free to receive. If you do not have email, you can also receive it by regular mail through the generous support of the Centre for Addiction & Mental Health (CAMH).

You can also follow us on:

Facebook: facebook.com/csinfocentre

Twitter: twitter.com/CSInfoCentre

Where we post even more information and resources. All previous issues are available on our website: www.csinfo.ca

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Disclaimer:

The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, CAMH, C/S Info Staff, Volunteers or Board Members.

From the C/S Info Bulletin Team and all of our wonderful volunteers: Jacqueline, Randi and Martha (the computer gal)!

Go green; get The Bulletin by email!

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