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

# BULLETIN

Issue # 567, November 16-30, 2016

The Consumer/Survivor Information Resource Centre of Toronto  
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## Feeling Bright When the Sunlight Fades

Our Bulletin planning committee met early in November, and during our discussions, we started chatting about how the cooler weather and longer nights impact our wellness routines. In the future, we hope to hear from you about wellness and recovery strategies that work for you. We will pose a question and post responses in upcoming issues. We hope that by sharing a few of our strategies for when the sunlight fades, your light will shine bright throughout the winter too.

*Christine* – Generally, I enjoy the cooler weather...the darkness, however, not so much. When the nights grow longer, I literally turn the lights on and spend as much time in sunny spaces as possible. I light candles and start using my light box (SAD light). Another thing I do is to store my feelings for future use. When there is a pleasurable experience in winter – like the sound of crunching snow, a cold breeze on my face, the smell of a pine tree, I'll pause and savour the feeling, thinking, "I need to remember this." In the depths of winter, I also find it soothing bring to mind the small pleasures of warmer days: warm sand running through my fingers, the sun on my face and the sound of waves crashing on the beach.

*Randi* - At this time of year, I make it a point to get outside and walk through the parks and ravines...breathing deeply, smelling the change of the seasons, seeing the leaves change colour and fall gracefully to the ground is incredibly soothing. When the first snow falls, I can't help but smile and try to catch a snowflake on my tongue - it's mindfulness at its best. Curling up with a cup of my favourite tea and a great book afterward help me create balance in my life.

*Cassandra* - During the winter, I keep well by practicing self-care and staying warm. Taking hot showers and baths, wearing warm socks and putting a hot water bottle at the foot of my bed, all contribute to my winter wellness.

*Jennifer* - When the days begin to grow shorter and the air takes on a chill I start to feel the depression creep in around my edges. In order to avoid getting caught up in the cycle of low moods and gloominess, I try my best to make friends with the cold season. I spend as much time as possible outdoors during daylight hours, looking around at all the different ways that nature changes when the cold kicks in. I notice the smell of leaves in the air, the changing angle of the sunlight, the tall trees with bare branches. To really help myself experience a positive winter season, the most important thing I do is to practice acceptance of the grey season and to seek out joy in the purest places.

*Jacqueline* - I recently discovered my Vitamin D level is low and that I need to take a supplement to increase it. This reminded me that many of us don't get enough sunlight in the winter, thereby limiting the amount of Vitamin D that our body can produce. After doing some research, I learned that low Vitamin D levels could lead to problems with cognitive functioning abilities and moods. Increasing my Vitamin D intake naturally by eating eggs (including the yolk) or fish can help. A Vitamin D3 supplement may also be helpful, but as with any medication or supplement, always talk to your doctor first before starting something new to determine the correct amount to take and to avoid interactions with other medications.

**Aileen Meagher Resilience Award 2016**  
**Mental Health and Addictions Community Advisory Panel of**  
**St. Michael's Hospital**

**The Award:**

The Aileen Meagher Resilience Award is an award in memoriam to Aileen Meagher, past Chair of the Mental Health Community Advisory Panel at St. Michael's Hospital, who made a lasting contribution to mental healthcare through a lifetime of advocacy. The award is given annually to an individual who has accessed mental healthcare at St. Michael's Hospital and, though having faced adversity, has the resilience to give back to the community. It will be presented at the December meeting of the Mental Health Community Advisory Panel.

**Nominations:**

A person may be nominated for this award by self-nomination or by another person with this form by providing relevant information about the client's life and activities on the reverse side of this form. The information below must be completed. The consent for release of personal information must be signed by the client in the space provided on this form. By giving consent, the nominee gives permission for their name and information relevant to the award to be released. Completed nominations should be left with Lea Harper, St. Michael's Mental Health Service, Admin Office, 17th Floor, St. Michael's Hospital, 30 Bond Street, Toronto, Ontario M5B 1W8 or by email to [HarperL@smh.ca](mailto:HarperL@smh.ca). The deadline for submitting this form is Wednesday, November 30, 2016.

Nominator's Name and Contact Information:

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Client's Name:

I am the person nominated and I consent to the release of personal information for purposes of nomination for this award.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

I nominate this individual for the Aileen Meagher Award based on the information below:

# Community Announcements

## The Dream Team needs your help!

The Dream Team is a consumer/survivor-run nonprofit organization dedicated to advocacy, education and research in the areas of supportive housing, mental health, stigma and discrimination. Currently, we are researching the growing problem of unit takeovers: when vulnerable people find themselves in an unsafe living situation due to the presence of an individual that often exploits them financially and is harmful to them physically, financially, and psychologically.

Very little research on the topic exists, yet takeovers are becoming more common, and often involve drug trafficking. Have you or someone you know experienced a unit takeover? If you have personally experienced a takeover in your home, been witness to or have worked with people who experienced takeovers, we have confidential surveys that can be filled out on paper or online. Please contact us as soon as possible if you are able to fill out a survey! Your participation is very much appreciated, and will help us work towards an understanding of how we can prevent future takeovers!

[Resident Survey](#)

[Non Resident Survey](#)

To access a paper version, please contact:

Lead researcher - Eric Weissman Ph.D. at [EricWe@houselink.on.ca](mailto:EricWe@houselink.on.ca) or call (416) 516-1422 Ext. 251

Dream Team Coordinator - Joanna Pawelkiewicz at [coordinator@thedreamteam.ca](mailto:coordinator@thedreamteam.ca) or call (416) 516-1422 Ext. 262

## Women's Xchange Presents: Women, Work and Health: Precarious and Invisible Labour

*Friday, November 26, 2016, 2:30 pm - 6:00 pm Free*

*Women's College Hospital, 2<sup>nd</sup> fl. Conference Centre, Auditorium and Pink Cube, 76 Grenville St., Toronto*

This free event features perspectives from the community, academic and legal services. Speakers: Dr. Ito Peng from the University of Toronto, Deena Laad from the Workers' Action Centre, Mary Gellatly from Parkdale Community Legal Services and Dr. Peter Smit from The Institute for Health and Work in Toronto.

Refreshments and appetizers to follow. Seating is limited, so please register in advance

*For more information and to register, please visit: [www.womensxchange.eventbrite.ca](http://www.womensxchange.eventbrite.ca)*

## Public Speaking Event: "Taking the Stand" by Jane Doe

*Saturday, November 26, 12:45 pm - 5:00 pm, Doors open at 12:00 pm*

*Committee Room 1, Scarborough Civic Centre, 150 Borough Dr., Scarborough*



**"Taking The Stand"** will explore the theme of taking perpetrators to court, and the courage not to report. This event is for adults 18+ years old and is free.

One of our featured speakers at this event will be Jane Doe. Jane Doe is a sexual assault activist, writer and educator. In 1998, after a 12-year battle she successfully sued the Toronto Police Force for negligence and gender discrimination in their investigation of her rape, and sexual assault investigations generally. Her case set a legal precedent. Her book and research are on the curriculum of universities, colleges and high schools internationally. Jane is interested in discussing the courage of those who choose not to report their rapes/sexual assaults and how to honour that decision.

*For more information, go to [www.reclaimyourvoice.org](http://www.reclaimyourvoice.org).*

# Community Supports

## **LOFT's Transitional Age Youth Community Evening and Weekend Treatment Program**

*Open ACT Informed Recovery Group: Tuesdays, 6:00 pm – 7:30 pm, 721 Bloor St. W. Unit 302, Toronto*

*Closed DBT Groups (registration required): Wednesdays and Fridays. Groups run in consecutive 10-week cycles.*

*Open Youth Drop-In: Thursdays, 4:00 pm – 6:00 pm, 32 Grenville Street, Toronto*

*Open Peer-Facilitated Life Skills Group: Thursdays, 6:00 – 7:30 pm, 32 Grenville Street, Toronto*

*Open Social Group: Saturdays, 1:00 pm – 2:30 pm, 721 Bloor Street West, Unit 302, Toronto*

LOFT's Community Evening and Weekend Treatment Program offers a variety of open and closed groups designed to support youth, aged 16 – 25, living with mental health challenges and/or who are using substances. This truly unique program offers groups on Tuesday and Thursday evenings as well as on Saturdays. Using a variety of therapeutic modalities including DBT, ACT and CBT, Community Evening and Weekend Treatment groups provide youth the opportunity to engage with treatment, wellness and social skills.

The program also offers coordinated case management support where Community Treatment Workers meet one to one in the community with individuals to identify challenges and support them to achieve the goals they set for themselves. Assessment, supportive counselling, goal setting, skills teaching, system navigation, linking to resources, advocacy and monitoring are all aspects of an individualized coordinated care plan.

*The application for services can be found at [www.loftcs.org/programs/supports-for-youth/](http://www.loftcs.org/programs/supports-for-youth/)*

*If you have questions regarding the application, please email [TAY@loftcs.org](mailto:TAY@loftcs.org)*

*To register to closed DBT groups please contact Christine at (416) 434-9172 or Bretton at (416) 432-3195*

*For general information about LOFT and/or programs for adults and seniors, please go to [www.loftcs.org](http://www.loftcs.org)*

## **The Toronto West OCD Group**

*The 3<sup>rd</sup> Thursday of every month, September to June. Next meeting: Thursday, November 17, 2016, 7:00 pm - 9:30 pm  
1558 Bloor St. W. Toronto (around the corner from Dundas West subway station)*

For almost twenty-five years, we have endeavoured to help our members as well as their families/supporters by sharing common experiences and providing wellness tools in a comfortable and confidential group environment. There is no registration and attendance is free.

*Contact Nathan at (647) 290-9409 for more details or email [torontowestocdgroup@gmail.com](mailto:torontowestocdgroup@gmail.com), as there is not currently a website.*

## **Community of Practice – Hosted by The Self-Help Resource Centre**

*First Thursday of each month, 4:00 pm – 6:00 pm. Next meeting: Thursday, December 1, 2016  
George Brown College, 341 King St. E., Room 413, Toronto*

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. Each meeting has a central theme as to what will be discussed. What to Bring: Questions and challenges experienced in peer support. Coffee, tea and light snack will be provided!

*Please register at (416) 487-4355 ext. 21 or [registration@selfhelp.on.ca](mailto:registration@selfhelp.on.ca)*

*[www.selfhelp.on.ca/supporting-peer-workers/](http://www.selfhelp.on.ca/supporting-peer-workers/)*

## **Repair Café**

*Saturday, November 19, 2016 12:00 pm – 4:00 pm (Registration closes at 3:00 pm)*

*S. Walter Stewart Branch of the Toronto Public Library, 170 Memorial Park Avenue, Toronto*

Get broken household items fixed for free and learn while doing it! We'll have fixers for computers, electronics, small appliances, and furniture, clothing and jewelry, book and paper repair, and more. For whatever you need fixin', bring it on! Join us with your broken household item, whatever you can carry! Hope to see you at the Repair Café!  
Wheelchair accessible.

*For further information, please email [info@repaircafetoronto.ca](mailto:info@repaircafetoronto.ca) or visit [www.repaircafetoronto.ca](http://www.repaircafetoronto.ca)*

## Community Supports

### **Borrowing Money Workshop - Dixon Hall**

*Thursday, November 17, 2016, 10:00 am - 12:00 pm*

*Regent Park Employment Services Centre, 402 Shuter Street East, Toronto*

November is financial literacy month. Therefore, we have prepared a series of workshops for you! You will learn about how credit works, types of credit, the cost of borrowing and ways to use credit wisely.

*Register for our workshops at: (416) 392-3456 or email [esc.info@dixonhall.org](mailto:esc.info@dixonhall.org)*

*For more information, go to [www.dixonhall.org/employmentservices/](http://www.dixonhall.org/employmentservices/)*

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## Employment and Volunteer Opportunities

### **Employment Opportunity: Sound Times Seeking Community Service Interns**

*Multiple Positions Available: One-Year Paid Internship. Daily shifts Monday – Friday. Afternoon and Evening Shifts Required.*

*Locations: 280 Parliament St., Toronto and 2340 Dundas St. W., Toronto*

Sound Times is funded by the Toronto Central LHIN to provide individual supports, social support, educational, occupational and recreational opportunities, as well as advocating for members to get connected to community resources. As a peer initiative, all services are provided by individuals who use or have used, the mental health system. We are expanding our staff group to include Consumers/Survivors committed to completing a year-long intensive internship. The goal of this internship is to acquire the skills, education and understanding necessary to seek employment with organizations affirming the value of lived experience for front line social service work. There is no minimum education requirement to apply, though the training will involve workshops and in-house classroom learning with assigned reading.

Candidates interested in applying should submit a resume (if available) to [hiring@soundtimes.com](mailto:hiring@soundtimes.com). Applicants lacking a resume should apply by means of a written submission outlining why they are a good candidate for this opportunity. There are no deadlines for applications. We conduct ongoing hiring based on the needs of the program. Please note: not all applicants will be selected for interview.

### **Volunteer Opportunity: Mainstay Housing is Seeking Volunteers to Assist Tenant Members in Filling Out the Survey Form**

*November 2016 – December 2016*

Mainstay Housing works with people living with mental health and addiction challenges who are deeply affected by poverty and provides them with housing, ongoing support and more opportunities to be part of a community. Mainstay offers supportive housing services for about 1000 units in various parts of the City of Toronto. We are conducting a survey to measure tenant members' experiences of community and belonging within and outside of Mainstay. The responses from the survey will increase Mainstay's understanding of tenant members' experience and how to best reach out and support them.

*Compensation for time and travel will be provided.*

*Please contact Andrea Gutowski, PSW by November 30, 2016 at (416) 220-6114.*

# Training Opportunities

## **Volunteer Orientation & Safety Training – Dixon Hall Volunteers Only**

*Thursday, November 17, 2016, 9:30 am – 11:30 am*

*Regent Park Employment Services Centre, Community Room A, 402 Shuter St., Toronto*

Volunteers are encouraged to attend a Volunteer Orientation & Safety Training session. These sessions highlight key aspects of the volunteer role, including health and safety, Access for Ontarians with Disabilities (AODA) training, as well as specific roles and responsibilities. Sessions are open to new and active agency volunteers as well.

*To register, contact the Volunteer Department at (416) 962-9449 ext. 225 or email [volunteer@dixonhall.org](mailto:volunteer@dixonhall.org).  
For more information about Dixon Hall Neighbourhood Services, go to [www.dixonhall.org](http://www.dixonhall.org)*

## **Skills for Change's Skilled Trades Expo 2016**

*Thursday, November 24th, 2016, 10:00 am – 4:00 pm*

*55 John St., Toronto • Phone: (905) 595-1679 or (905) 754-0202 ext.101*

Join us at the Metro Hall (Rotunda) as we host our third Annual Skilled Trades Expo. This exciting day will feature demonstrations from some of Canada's most popular trades. As well, we will have employers and organizations on hand to help guide you towards becoming an all-star trades professional.

*Free registration at*

*[www.eventbrite.ca/e/skills-for-changes-skilled-trades-expo-2016-tickets-28403585890?aff=2ndEblast](http://www.eventbrite.ca/e/skills-for-changes-skilled-trades-expo-2016-tickets-28403585890?aff=2ndEblast).*

*If you have any questions, email [tradeswin@SkillsforChange.org](mailto:tradeswin@SkillsforChange.org)*

*For more information about Skills for Change, go to [skillsforchange.org/](http://skillsforchange.org/)*

## **Hospitality Workers Training Centre**

*Weekly Information Session, Tuesdays, 10:00 am*

*60 Richmond Street East, 2<sup>nd</sup> fl., Toronto*

The HWTC is a non-profit organization that provides free occupational training linked to jobs in the hospitality industry. Our holistic approach includes providing the support, mentorship and guidance needed to find employment in the booming hospitality industry of Toronto. All training courses are free of cost for the participants. Course content includes housekeeping, front of house/restaurant server, guest services, kitchen porter, banquet server, culinary pre-apprenticeship, restaurant and Banquet server. Eligibility: Between ages 18-29 and in receipt of OW or ODSP.

*For more information about our courses and to register for our weekly information sessions, please call (647) 930-9518 or email [training@hospitalitytrainingcentre.com](mailto:training@hospitalitytrainingcentre.com)*

*[www.hospitalitytrainingcentre.com](http://www.hospitalitytrainingcentre.com)*

## **Toronto Youth Job Corps Program**

*Monday November 21 & 28, 2016, 10:30 am – 11:30 am*

*West Neighbourhood House (Formerly St. Christopher House), 1033 King Street West, Toronto*

Toronto Youth Job Corps (TYJC) is a paid employment program for people 16-29 years old who are not in school, not working and have faced barriers to entering or staying in the workforce. This program is a full-time, 16 - 24 week, paid employment preparation program for youth. Space is still available in our December 19, 2016 program start date.

*To register for our information sessions, contact Natalie Maxwell at (416) 848-7980 ext.308*

*For more information about West Neighbourhood House and its programs, go to [www.westnh.org/](http://www.westnh.org/)*

# Training Opportunities

## **Houselink Road to Employment – A to Z in Finding Work**

*Bloor/Gladstone Library, 1101 Bloor Street West, Toronto*

A series of workshops presented by Houselink on Wednesdays, 1:00 pm – 3:00 pm:

Where are the Jobs? Presenter: Sharon McBean (U of T): November 16, 2016

Toronto Employment & Social Services Presenter: Olivia Kozela (Crossways Employment Services): November 23, 2016

Want to Earn While You Learn? Presented by Paula Oliveira (YMCA of Greater Toronto): November 30, 2016

*For more information or to register contact, Angela Zaglul at [angelaza@houselink.on.ca](mailto:angelaza@houselink.on.ca) or (416) 516-1422 ext.268  
[www.torontopubliclibrary.ca/detail.jsp?R=EVT18421](http://www.torontopubliclibrary.ca/detail.jsp?R=EVT18421)*

## **Building Your Career Pathway: Networking Event**

*Thursday, November 24, 2016, 1:00 pm - 4:00 pm*

*The 519, 519 Church Street, Toronto*

Do you want to network with employers? Do you need information on employment, education or training? This is YOUR opportunity to meet & network with employers and educational and training providers. Create your pathway to employment, education, training and apprenticeships.

*To register contact, Angela Zaglul, [angelaza@houselink.on.ca](mailto:angelaza@houselink.on.ca) or (416) 516-1422 ext. 268.*

*For more information about Houselink events, go to [www.houselink.on.ca/wp-content/uploads/november-2016-mailer.pdf](http://www.houselink.on.ca/wp-content/uploads/november-2016-mailer.pdf)*

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## **Things to Do!**

*\*Please call ahead to confirm the time, place and date of the event you wish to attend\**

### **Inkwell Workshops**

*Every Thursday, 2:00 pm – 4:00 pm*

*Routes Drop In Centre, 2700 Dufferin Street, Unit 90, Toronto*

Free drop-in creative writing workshops for Toronto residents 18+ years old and lives with mental health challenges. Inkwell instructors are award winning professional writers who have lived experience of mental illness. We facilitate workshops in fiction, creative non-fiction, poetry, playwriting, and spoken word. Scent free/nut free/wheelchair accessible. Snacks and TTC tokens provided.

*For more information: (416) 781-4199 • [inkwellworkshops@gmail.com](mailto:inkwellworkshops@gmail.com) • [www.inkwellworkshops.com](http://www.inkwellworkshops.com)*

### **Fundraiser for The Keele Street Women's Group**

*Tuesday, November 22, 2016, 12:00 pm - 3:00 pm*

*Routes Community Centre, 2700 Dufferin St. Unit 90, Toronto*

The Keele Street Women's Group is hosting a Raffle, Bake Sale, and Chili Fundraiser! Come join us at for good food, great prizes, and amazing company. Raffle tickets will be available for purchase the day of the raffle. Tickets are \$2.00 each or 3 for \$5.00. Prizes Include: A Samsung 7" tablet, gift cards to Tim Horton's, a Buddha Board, and much more!

*For more information, please contact: Loucia Beveridge at (416) 806-5738 • [lbeveridge@cmhato.org](mailto:lbeveridge@cmhato.org)*

# Things to Do!

\*Please call ahead to confirm the time, place and date of the event you wish to attend\*

## **MADx**

*Friday, November 25, 2016, 8:00 pm – 11:00 pm*

*Imperial Pub, downstairs back room, 54 Dundas Street East, Toronto*

*Cover: \$5.00 or pay what you can*

Our theme for this Madx event is 'irebel': Another evening of rebellion. *Poetry, Spoken Word, Rant, Stand-up, Song...*

**Q.** What does it take to free ourselves from others' ideas of who or what they want us to be?

For more information, please visit [the-rebellion.ca](http://the-rebellion.ca)

## **DANCE**

### **Always on Point: All-Accessible Dance Party with DJ Syrus Marcus Ware & Pop-up Performers**

*Saturday, November 19, 2016 10:00 pm*

*The Theatre Centre's Mainspace Theatre and Upper Gallery, 1115 Queen Street West, Toronto*

Join us for a FREE all-accessible dance party presented alongside "This is the Point". Featuring DJ Syrus Marcus Ware, pop-up performances, and projections! The Theatre Centre is an accessible facility, with barrier-free washrooms and an accessibility lift to facilitate movement between floors.

For tickets, or more information, contact: (416) 538-0988 or [boxoffice@theatrecentre.org](mailto:boxoffice@theatrecentre.org) • [theatrecentre.org/?p=9153](http://theatrecentre.org/?p=9153)

### **Canadian Opera Company: Tiger princess dance projects**

*Wednesday, November 16, 12:00 pm – 1:00pm, Free. First come, first served. Late seating not available.*

*Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West, Toronto*

Where does identity reside? Choreographer Yvonne Ng investigates with two haunting works—a solo, In Search of the Holy Chop Suey, and Zhong Xin, with performers Mairéad Filgate, Luke Garwood and Irvin Chow.

For tickets and information: (416) 363-8231 • [www.coc.ca/PerformancesAndTickets/FreeConcertSeries/November.aspx](http://www.coc.ca/PerformancesAndTickets/FreeConcertSeries/November.aspx)

## **MUSIC**

### **Canadian Opera Company's Chamber Music Series**

*Tuesday, November 22, 2016, 12:00 pm – 1:00 pm*

*Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West, Toronto*

"Extended Apocalypse" Conducted by Guillaume Bourgogne and featuring student and alumni soloists. Free concert.

For a full listing of events from the Canadian Opera Company, contact: (416) 363-8231 or

<http://www.coc.ca/PerformancesAndTickets/FreeConcertSeries/November.aspx>

### **University of Toronto Faculty of Music**

*Wednesday, November 30, 7:30pm*

*Walter Hall, Edward Johnson Building, University of Toronto, 80 Queen's Park, Toronto*

11 O'Clock Jazz Orchestra & Vocal Jazz Ensemble: Free. Conducted by Noam Lemish & Christine Duncan.

For a full listing of all of U of T's music department's events: (416) 978-3750 or [music.utoronto.ca/concerts-events.php](http://music.utoronto.ca/concerts-events.php)

### **North York Central Library: Poetry Through Music**

*Thursday, November 24, 2016, 7:00 pm – 8:00 pm*

*Auditorium, North York Central Library, 5120 Yonge Street, Toronto.*

Diana Braithwaite (Blues singer); Chris Whitely (Jazz trumpet); Dr. Michael Johnstone (U of T, Dept. of English).

To RSVP: (416) 395-5639 • [www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT249095&R=EVT249095](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT249095&R=EVT249095)

# Things to Do!

\*Please call ahead to confirm the time, place and date of the event you wish to attend\*

## **MUSIC**

### **York University Department of Music: Improv Soirée**

*Friday, November 18, 2016, 8:00 pm – 10:00 pm*

*Sterling Beckwith Studio, 235 Accolade East Building, York University, 83 York Boulevard, Toronto*

An evening of improvisation in a participatory "open mic" set-up, hosted by the improv studios of Casey Sokol.

*For tickets and more information about York University events, call the box office at (416) 736-5888  
[music.ampd.yorku.ca/events/](http://music.ampd.yorku.ca/events/)*

## **HEALTH AND WELLNESS**

### **Fresh Activities at The Gerstein Centre**

*Gerstein on Bloor, 1045 Bloor Street, Toronto*

[Yoga classes \(Gerstein on Bloor\)](#)

*Every Monday and Friday 1:00pm*

Participants do need to call or email to register. The class is for beginners. Participants with physical disabilities are welcome to attend.

[Pick up ball hockey \(Bob Abate Gym, 485 Montrose Ave., Toronto\)](#)

*Every Wednesday 7:00 pm – 8:00 pm*

Open to ALL! For folks in the community who live with mental health and/or addictions, consumers/survivors and supporters! Just show up, no registration required, beginners to Gretzky welcome!

[Museum and Art Gallery](#)

*Alternative Fridays at 1:00pm*

Participants can call Fresh staff Balazs at (647 880 1336) to register

[Walking Groups](#)

*Monday at 1:30 pm and Wednesdays at 1:30pm*

Locations on Monday change so participants should call Michael for further details. Wednesday walks are located at High Park.

[Fresh one to one fitness support](#)

Participants meet with a Fresh staff once a week to work on their fitness plan. The plan is developed by the participant and often involve gym visits or walking. Participants meet with Fresh staff, who is a certified trainer, at the Central YMCA (20 Grosvenor Street) both Tuesdays and Thursdays and do need to be able to commit for three months. YMCA membership is not required. Participants should contact Michael to arrange.

\* Tokens can be provided for all activities.

*Interested participants can contact, Michael Aucoin at (647) 462 9601 or [maucoin@gersteincentre.org](mailto:maucoin@gersteincentre.org)*

*For more information about these and other events, please visit [gersteincentre.org/wellness-and-recovery/fresh/](http://gersteincentre.org/wellness-and-recovery/fresh/)*

### **Free "Change Room" Workshop, Session 3: Meditation and Mindfulness**

*Thursday, November 17, 2016, 2:15 pm - 4:00 pm*

*The 519, 519 Church St., Toronto*

The Centre of Conscious Awareness Canada will be facilitating a mindfulness meditation.

To RSVP please call or email Tia at (416) 928-3334 x223 • [tia.c@416community.com](mailto:tia.c@416community.com)

[416community.com/2016/09/02/upcoming-change-room-events-running-empty/](http://416community.com/2016/09/02/upcoming-change-room-events-running-empty/)

# Things to Do!

\*Please call ahead to confirm the time, place and date of the event you wish to attend\*

## **FESTIVALS**

### **Cavalcade of Lights celebrates 50 years at Nathan Phillips Square**

*Saturday, November 26, 7:00 pm, Free*

*Nathan Phillips Square, 100 Queen Street West, Toronto*

The holiday tradition features the first illumination of Toronto's Official Christmas Tree spectacular fireworks, a skating party, and performances by some of Canada's top musical talent.

*For the full schedule of events and performances, please visit [www.toronto.ca/cavalcade](http://www.toronto.ca/cavalcade)*

### **The Toronto Christmas Market**

*Friday, November 18, 2016 - Thursday, December 22, 2016.*

*The Distillery Historic District, 55 Mill St., Toronto*

*Admission: Free: Tuesday – Friday; \$6 Friday (after 5pm) - Sunday*

Now in its seventh year, the market has become one of the city's favourite holiday traditions and has been ranked one of the top 10 Holiday Markets in the world. Take in sparkling Christmas light canopies, traditional music and carols, dance performances and check out family-friendly activities like Santa's House, a ferris wheel, carousel and life-sized gingerbread house. Foodies can taste traditional European street-style food and Canadian holiday treats.

*For hours and more information about event and activity schedules, please visit [www.torontochristmasmarket.com/](http://www.torontochristmasmarket.com/)*

### **Santa Clause Parade**

*Sunday November 20, 2016, 12:30 pm*

*Starting at Christie Pits Park, 750 Bloor St. W., Toronto*

A Toronto tradition for more than 100 years, the Santa Claus Parade returns. The parade has come a long way since it first began in 1905, when Santa first walked down the streets from Union Station to the Eaton Centre. Today the parade includes 25 different-themed floats, 22 bands, 100 celebrity clowns, more than 1,500 volunteers, and the big man himself, Santa. This year's Santa Claus Parade begins at the Christie Pits Park at 12:30 p.m. It travels past the ROM and the Eaton Centre, before ending at St. Lawrence Market

*For more information about the parade route and activities, please visit [www.thesantaclausparade.ca](http://www.thesantaclausparade.ca)*

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