

BULLETIN

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

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

March 15, 2009 Bulletin 390

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Centre News

Our new space at 1001 Queen St. West in the Paul Christie Community Centre is being renovated this month. The renovated office promises to be spacious with good natural lighting and an open ceiling lined with cedar slats. Our main wall will look out over the recreational swimming pool. The renovations are extensive. The current office is going to be rebuilt entirely. This requires that we temporarily move to a different location. For those of you who drop in to the Centre regularly and for those who are planning their first visit, we will be located in the new boardroom above the cafeteria in the Admin Building at Queen and Ossington. Our temporary location is not wheelchair accessible so we will come down to meet you in the Cafeteria if you plan to stop by during the renovation. We have postponed booking appointments for the Free Tax Clinic until April. If you can't wait until then please contact Revenue Canada at 1-800-959-8281 to locate an alternative Free Tax Clinic.

Colleen and Helen

The Empowerment Council at CAMH, 1001 Queen St. West, launched a new DVD about the CAMH Bill of Client Rights. Here is the speech given Tuesday, March 3, 2009 by Lucy Costa, Outreach Worker for the Empowerment Council. Lucy will be showing the DVD again in the near future. Stay tuned, the date and time will be announced in the Bulletin.

DVD LAUNCH SPEECH

The fight for rights has been a long and historical journey for Psychiatric Survivors, Consumers and Mad persons. I want to thank CAMH for joining hands with us in the struggle for social justice and for supporting the making of this DVD.

While there is always more than one truth, two sides to every story, it is important to remember there is only one type of liberty. Human beings either feel they have their freedom and autonomy or they do not. Other marginalized communities did not organize in order to gain partial rights. Movements such as the civil liberties, women's, LGBT, and First Nations community did not say "We only want a little bit of liberty - we will only take whatever we can get."

I hope and trust that our community holds hope for continued discussions, forums and “knowledge exchange centres”, where new truths emerge in order to have our rights respected. These truths might make us uncomfortable and disrupt the usual order of things but this should be seen as positive and a means for shaking us out of complacency.

Perhaps in the future instead of hearing old messaging such as, “*Mental illness is a disease just like diabetes*,” we will hear new messaging and truths, like, “*You have a right to know, this medication we are offering you, will put you at risk for diabetes*.”

Perhaps instead of having rights framed so narrowly as to mean, “*You have a right to treatment because you are mentally ill*,” we can expand and dream that new dialogue will swell with truths such as, “*You have a right to receive a range of options and services that will help you to become the person you want to be and have a life that is meaningful according to you*.”

This film today is a piece in the struggle to keep the dialogue of rights alive and moving forward. I hope you enjoy it and I thank you for being here.

Lucy Costa

Newsbytes

Canada launches probe into Oxycontin abuse. The Toronto Star reports that prescriptions for the highly addictive narcotic Oxycontin have tripled in 5 years. The majority of the prescriptions are for people receiving social assistance. The number of deaths attributed to the drug is 464 in 5 years and the number is steadily increasing. The drug is intended for managing extreme pain but is sold on the street for up to \$45 where people addicted to it crush the tablets and either snort or inject them. (Source: “Ontario to probe abuse of painkiller Oxycontin. Prescriptions soaring, along with death rate, Star Investigation Found.” Kevin Donovan, Staff Reporter, February 9, 2009. Toronto Star. HealthZone.) For full article visit <http://www.healthzone.ca/health/article/584520>.

Correctional Investigator cites individual and systemic failures in Correctional Service of Canada's management of mental health among prisoners. A report by Howard Sapers, Correctional Investigator, criticizes the Correctional Service of Canada for multiple failures in its treatment of 18-year-old Ashley Smith, who choked herself to death in 2007 at the Grand Valley Institution for Women in Kitchener, while prison staff watched and failed to intervene *under orders*. Among the numerous failures listed in the report include: “The Correctional Service's Response to Ms. Smith's Mental Health Needs” and “Inadequate Mental Health Resources in Federal Corrections.” Dr. John Bradford, Associate Chief, Forensic Psychiatry, the Royal Ottawa Health Care Group, comments, “Correctional facilities are not the facilities to deliver mental-health care. So what do we have to do? We have to ensure they [persons with mental health problems] don't get into those facilities in the first place”. (Source: “Systemic failures led to teen's prison death.” TU THANH HA and CAMPBELL CLARK. From Wednesday's Globe and Mail. March 3, 2009 at 7:09 PM EST.) For complete article visit <http://www.theglobeandmail.com/servlet/story/RTGAM.20090303.wreport0303/BNStory/National/home>.

Wish List

Subscribers have requested the following items: a compact record player with a good needle and an electric can opener, and a bed.

We have received donations of a couch, a kettle, and 2 hip-height, black, 2-sided bookcases on wheels.

If you can fulfill a request, would like to make a request, or have an item (in good condition) you would like to donate, please give us a call at 416-595-2882 or email us at <mailto:csinfo@camh.net>.

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C/S Online

<http://www.thesecrethandshake.ca/>

From the website: "Formed in 2004 in response to a void that exists in the after treatment of patients following a schizophrenia diagnosis, The Secret Handshake is the first Peer Support Network in Canada created by people with schizophrenia for people with schizophrenia." For information and peer support check out their brand new website.

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 or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

Volunteer Opportunities

Pride Toronto seeks Free Zone Committee Coordinator

The committee organizes alcohol and substance-free space at Pride Week. Two Coordinators are required. Each is appointed to a two-year term and requires approximately 4-7 hours/week from August – February and 10-15 hours per week from March to June.

Skills required: Must be 18 years of age or older and have a Police Records Check completed; very strong knowledge of alcohol and substance abuse clients and support programs; work experience in alcohol and substance abuse treatment and/or support; strong organizational, coordination and planning skills; excellent interpersonal skills; ability to lead and motivate a team of volunteers; community-minded.

Pride Toronto seeks a Dis/Ability Resources Committee Coordinator

The Dis/Ability Resources Committee works to ensure that the activities of Pride Toronto do not exclude any person due to unnecessary barriers. Two Coordinators are required. Each coordinator is appointed to a two-year term, and requires approximately 5-7 hours/week from August through to February, and 10-20 hours/week from March through to June. Must also be available for Pride Weekend.

Skills required: Must be 18 years of age or older and have a Police Records Check completed; Sensitivity and comfort working directly with people with dis/abilities; Knowledge of accessibility requirements for indoor and outdoor events; Time management skills; the ability to lead and motivate volunteers; community-minded.

For complete information regarding these two volunteer opportunities visit <http://www.pridetoronto.com/volunteer/>

Pride Toronto
Emily Gibson
Volunteer Program Manager
mailto:volunteer_program@pridetoronto.com
Tel: 416-927-7433 ext. 227
Fax: 416-927-7886

Job Postings

Job Opportunity in Service Industry for Consumer/Survivor

Out of this World Café seeks Café Helper

You must be available to work 2-3 afternoons a week. Applicants should be outgoing and ready for a very fast-paced, demanding environment. Pay is \$10/hour. Please drop off resumes and your contact information at the Café in the Paul Christie Community Centre at 1001 Queen St. West or by email to <mailto:Donovan@otwcafe.com>.

No phone calls please.

Houselink Community Homes Seeks a Supportive Housing Worker

This is a one-year position.

Duties and Responsibilities:

- Support and informal counseling
- Liaising with other mental health service providers
- Community development, group facilitation and conflict mediation
- Function as landlord agent and ensure safety and security of buildings and occupants

Qualifications and Experience:

- Experience working with marginalized women and men facing mental health issues
- Work experience in the areas of housing, and/or mental health
- Relevant education in social services, community development or a related field
- Excellent written and verbal communications skills
- Experience in criminal justice, addictions and harm reduction
- Commitment to anti-oppression and working in a recovery framework
- Experience with substance abuse issues

Starting salary is \$42,000 per annum plus benefits

For more information about this position, see the complete job description at: www.houselink.on.ca/careers

Please send a cover letter and resume, Quoting File # SHW222 by March 18, 2009 to:

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

No phone calls please. Only those selected for an interview will be contacted.

Applications are encouraged from psychiatric survivors, Aboriginal people, people with disabilities, people of colour, women, gays and lesbians.

COMMUNITY ANNOUNCEMENTS

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

ODSP Action Coalition Workshop

The ODSP Action Coalition will be conducting an interactive, rights-based workshop on ODSP, at
Birchmount Bluffs Neighbourhood Centre
93 Birchmount Road (at Kingston Rd).
Tuesday March 17
1:30 - 4 pm

Participants will learn about up-to-date ODSP rights, and how to practice effective communication tools for expanding advocacy skills, using group scenarios and case studies.

ODSP members, advocates and service providers are welcome. Please RSVP to 416-396-7606.

FREE

Toronto Human Service & Justice Coordinating Committee presents: Facing Challenges – Moving Forward Workshop & Networking Event

Wednesday, March 25, 2009

8:30 am - 4:00 pm

Metro Toronto Convention Centre, Meeting Room 701
255 Front Street West

Event Overview:

This full day conference is designed to highlight the successes and challenges experienced by consumers, human service providers and justice services. A dynamic panel of speakers followed by an open Question/Answer segment as well as opportunities for networking will complete the morning. Following a buffet lunch, there will be a variety of outstanding workshops from which to choose.

Morning Panel Includes: Mike Federico, Staff Superintendent, Toronto Police Services; Susan Morris, CAMH; Edward (Ted) Kelly, Duty Counsel, City Hall; Brad Mulder & Bronwen Sims, Voices from the Street

Afternoon Workshop Presentations Include:

Dr. Howard Barbaree, Centre for Addiction & Mental Health, Forensic System
Trevor Lumb & Merit Abadir, Griffin Centre, Dual Diagnosis
Jeanne Lovested & Adriana LeBlanc, Community Resource Connections of Toronto, Trauma
Katie Almond, Riverdale Probation & Parole Office, Probation/Parole & Mental Health
Vivian Ropchan, Defence Lawyer & Renza Cechetto, Duty Counsel, The Law and Mental Health
Adair Roberts & Panel of Speakers, Toronto Mental Health & Justice Network - What it is and how to access the services

Register online: <http://www.innovative4you.com/facingchallengesworkshop.htm> or by fax: 705-456-9786.

Calling All Organizers, Schemers, and Planners

MAD PRIDE IS COMING TO TOWN!

The City of Toronto has proclaimed July 13 to July 19, 2009 as **MAD Pride Week**. MAD Pride Organizers have booked the Metro Hall Rotunda at 55 John Street from July 14 to July 18 to showcase our great and MAD community.

We have a parade permit so we can count on our traditional **Bed Push Parade** on Saturday, July 18 from CAMH to PARC.

We need a team of **organizers, schemers, and planners** to help make these events happen. We invite you to help plan MAD Pride! Join us Friday afternoons from 3 pm to 5 pm at Parkdale Community Legal Services (PCLS), 1266 Queen St. West starting on March 6 and continuing until June.

All organizers who participate regularly will **receive an honorarium** in July.

If you wish to participate but from a distance, let us know and we'll keep you informed.

!!!Bonus Opportunity!!!

Organizers who wish to actualize their MAD Pride within a **theatrical context** are invited to attend Friday night rehearsals from 6:30 pm to 9:30 pm at:

May Robinson Auditorium
20 West Lodge Ave
(one block East of Lansdowne, one block north of Queen.)

The theatre pieces developed at these rehearsals will be shown at MAD Pride Week.

For more information call Peggy Gail at 416-531-2411 ext 247 or Ruth Ruth at 416-516-4740.

The CSI Network of LHIN Invites you to Attend

History in the Making: Our Part, Our Voice

Thursday, March 26, 2009

9:30 am – 3:30 pm

Liuna Station, Hamilton

Key note address by Author Geoffrey Reaume "Human Rights Advocacy in Mad People's History"

Registration is free for persons with lived experience of mental illness &/or addictions

Registration for all others is \$30

Everyone wishing to attend should register with the CSI in your area

Brantford: 519-751-1694

Haldimand & Norfolk: 1-888-477-3717

Hamilton: 905-545-2525

Niagara 1-877-734-0025

The event is open to consumer/survivors outside of the Hamilton area. Please call 1-905-545-2525.

Visit www.mentalhealthrights.ca for more information.

Refreshments and Lunch Included

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

Free and Low-Cost Events for March 15 - March 31

Art/Exhibits

February 7 - March 21. Monday – Saturday from 10 - 6 pm/Sunday from 12 - 5 pm. **Santiago Ydáñez's Snowscapes and Manuel Esnoz's Galaxia.** Artcore/Fabrice Marcolini is proud to present a double solo show by two very well respected Latin American artists, Santiago Ydáñez and Manuel Esnoz. The Distillery District. 55 Mill Street. Building 62. Call 416-920-3820 or email mail@artcoregallery.com or visit www.artcoregallery.com. FREE

February 13 to March 21. Wednesdays through Saturdays from 12 - 6 pm. **Neopriest: New Pop Realists Intellectually Engaged in Story Telling.** The works in this Neopriest exhibition are from Aleks Bartosik, Oscar Ramirez Castillo, Billy Copley, Scott Ellis, Scott McEwan, Robert Farmer, Ed Giordano Jr, Ashley Johnson, Zachari Logan, Jesse McCloskey, Julie Oakes, Srdjan Segan and Jenny Wing Yee Tong. Thirteen to date. Neopriest is new - a spark of life more than a crowning glory; a light touch of a verbal wand. Headbones Gallery. 260 Carlaw Ave. 202B. Call 416-465-7352 or email <mailto:info@headbonesgallery.com> or visit <http://www.headbonesgallery.com>. FREE



March 11 - March 31. Tuesdays through Saturdays from 12 – 6 pm. Jackie Ramo: **Asian Dreams.** Presented by Urbanscape. In this series representing visions of old Japan, dreams are sometimes pale and faded and sometimes bright and bold. Using different techniques, porcelain is shown to be a canvas of beautiful diversity. Urbanscape Gallery. 2959 Dundas Street West (between Keele and Pacific). Call 416-850-0021 or visit <http://www.jackieramo.com/> or visit <http://www.urbanscapegallery.com/>. FREE

March 15 at 4 pm. **Live/Carey Young: Speechcraft.** Speechcraft was commissioned by Modern Art Oxford in 2007 and performed in 2008 as part of *Hey Hey Glossolalia* produced by Creative Time in New York. The event features a meeting of the international public speaking club Toastmasters which Young presents as a readymade performative situation and adapts by introducing her own subject matter for speakers to respond to. Founded in the 1920s in California, Toastmasters aims to help people from all walks of life to construct their public presence so that they look and sound like 'leaders.' Young will ask each speaker to address objects from her studio which she finds artistically inspiring. As with every

Toastmaster meeting, the resulting speeches will be judged and evaluated in a cycle of inspiration, review and reward. Brigantine Room. York Quay Centre. 235 Queens Quay West. FREE

Comedy

THE BAD DOG Theatre Company. 138 Danforth Ave.

- Every Friday at 8:30 pm. **That Friday Show**. Features Bad Dog students performing open improv and a one-act play directed by Jason Gemmill, Jorge Moreira and Ralph MacLeod. For reservations, show and workshop information, call 416-491-3115 or visit www.baddogtheatre.com. PWYC
- Every Wednesday at 8 pm. **Harold Night at the Bad Dog**. Character-based improvised scenes weave together into full-length sets. For reservations, show and workshop information, call 416-491-3115 or visit www.baddogtheatre.com. \$5.

Drama

March 23. Door opens at 8 pm, Show starts at 9 pm. Deadline for submissions is March 21. **Cold Reading Series: Sing for Your Supper**. Sing for your Supper gives playwrights and actors—even those with little to no experience—a chance to meet each other, share ideas and workshop new scripts before an audience, outside of conventional theatre venues. This is a fun and unique opportunity to have your play, musical, movie, experiment, new idea, or selected excerpt read in a new light. With no pressure or expectations. Give us your treasured gems or fresh ideas. All materials and genres are welcome. The pieces will receive a short moderation where we will have a Q&A session with the writers, actors, audience and guests from the Toronto theatre community. Please submit materials in either .doc or .pdf format. Sing For Your Supper. 2 Temperance Street. 2nd Floor (1/2 block west of Yonge Street, between Adelaide and Richmond). Call Benjamin Blais at 416-888-4772 or email singforyoursuppertoronto@gmail.com. FREE

Environment

Saturday, March 28 at 8:30 pm. **Earth Hour**. Turn off all your lights for one hour. To sign up visit www.wwf.ca/earthhour. Last year Torontonians are estimated to have turned off 5.8 million light switches. This year the hope is for a billion participants in 1,000 cities worldwide. 100 Canadian cities have signed up. FREE

Film/Movies

March 20 at 6 pm. **Friday Night at the Movies**. *Get Smart*. 110 minutes. Rated PG. Toronto Public Library. Parkdale Branch. 1303 Queen Street West. Call 416-393-7686 or visit <http://www.torontopubliclibrary.ca/>. FREE

Wednesdays from 2 to 4 pm. **Afternoon at the Movies**. Enjoy a variety of classic and contemporary feature films, documentaries and travelogues. Toronto Public Library. Beaches Branch. Community Room. 2161 Queen St. East. For a list of films visit the branch or call 416-393-7703 or visit <http://www.torontopubliclibrary.ca/>. FREE

Every Wednesday from March 4 – April 29 at 4 pm. And repeated at 7 pm. **Theological Film Festival**. Watch and discuss popular, theologically interesting films starting. Movies to be shown include *Chocolat*, *Jesus of Montreal*, *Priest*, *Rabbit Proof Fence*, *Life of Brian*, *Romero*, *Spitfire Grill*, *The Burning Season*, *Reds*. Donway Covenant United Church. 230 The Donway West. Reservations required. Call 416-444-8444. \$5 per film.

March 16 at 3 pm. The **Older LGBTTQ Resource Centre** is showing the film *Tootsie* (1982), about an actor with a reputation for being difficult who employs extreme measures to find employment. Comedy. The 519. 519 Church Street. Light refreshments available. FREE

Museum

Ongoing. **Sun Life Financial Museum and Arts Pass (MAP)**. With a valid adult Toronto Public Library card, you can borrow a Sun Life Financial Museum and Arts Pass (MAP) for your family to get in free at 14 different Toronto venues, including the Royal Ontario Museum, the Textile Museum of Canada, The Bata Shoe Museum, and more. Each pass admits one family for free. Each participating library branch has a limited quantity of the passes (about 5) and they go fast so it is a good idea to call the library and find out the best time to pick one up. For more information call the library Info Line at 416-393-7131 or visit http://www.torontopubliclibrary.ca/spe_ser_museum_arts_pass.jsp or visit Sun Life Financial Museum and Arts Pass (MAP) or visit your local library.

Important Update: The best news of all — The Museum and Arts Pass is going citywide to all the Toronto Libraries. Last year 21,000 passes were handed out benefiting close to 60,000 residents and when the program expands on March 7, it is expected that close to 200,000 passes will be loaned out to be used by 500,000 people. The Sun Life Financial Museum and Arts Pass (MAP) began as a pilot program in July of 2007. FREE

Music

Rehearsals on Wednesdays from 1:30 - 3:30 pm. **Singers Wanted** for the Society of Singers, a four-part, non-auditioned choir that entertains seniors. Blythwood Road Baptist Church, 80 Blythwood Rd. Call Ed Gilmore at 416-783-9490. FREE

Tuesday, March 17 from 7:30 - 9:30 pm. **MARKLAND WOODS BIG BAND**, under the leadership of Hugh Van Melle, is putting on a concert at Mimico Presbyterian Church. 119 Mimico Ave. (at Royal York Rd.) This will be an evening of great music and you won't want to miss it. Freewill offering.

Recreation

Every Tuesday from 7:15 - 9 pm. **Mindfulness Meditation Classes** offered by Spring Rain Sangha. 60 Lowther Ave. Visit www.springrainsangha.com for information. Admission is by donation

Saturdays from 7 to 11 pm. **Saturday Night Dance Club**. Ballroom and line dancing. Door prizes. Licensed. For Ages 55+. Birkdale Community Centre. 1299 Ellesmere Rd. Call 416-396-4069 or visit http://www.dance-n-time.com/birkdalecc_pg1.html. All are welcome. Admission \$6.

Every Monday from 6:30 to 7:30 pm. **Beaches Laughter Club**. Beaches Recreation Centre. 6 Williamson Rd. Call Beverley at 416-691-8408 or e-mail laughteryoga@sympatico.ca for more information. FREE (donations appreciated)

Mondays, Wednesdays and Fridays from 10 to 11 am. **Seniors Fitness Classes**. Community Centre 55, 97 Main St. Call 416-691-1113 or visit www.centre55.com for more information. FREE

Weekly event, days and times vary. **Forest Hill Walk Club**. Visit <http://www.meetup.com/> and search Forest Hill Walk Club or call Cheryl Millett at 416-413-0345. FREE

Monday, March 16 from 2 to 4:15 pm. **Library BINGO** is hosted at High Park Library. 228 Roncesvalles Ave. There are a lot of interesting prizes for the lucky winners. Call 416-393-7671. FREE

Every Wednesday, Rain or Shine from 7 – 8 pm. **Grafton Community Gardening Night**. This is an active food garden. Grafton Community Garden. Roncesvalles Avenue and Queen Street West. Join the West End Flower Fairies, residents and business owners to help green the community. Visit <http://www.parkdaletorontohort.com/oursociety/communitygardens.html> or email westendflowerfairies@hotmail.com. FREE

Ongoing. Wednesdays and Fridays from 7 to 8:30 pm. **Free Yoga Classes.** Wear comfortable clothing, mats provided. Everyone welcome. Mount Dennis United Church. 71 Guestville Ave. Call 416-763-2893 Monday, Wednesday or Friday between 8 am and noon. FREE

Every Tuesday and Thursday from 9 am to noon. **The Scarborough Senior Men's Slo-Pitch League** starts recruitment of new players 55 years and over. Approximately 40 games per year. The league plays at L'Amoreaux Sports Centre. 300 Silver Springs Blvd. (opposite Scarborough Grace Hospital near Birchmount and Finch). Call Joe at 416-439-6475 or Ray at 416-492-5195. Cost is \$85 for the year (includes cap and jersey).

Every Thursday from 6:30 to 8 pm. **Exercise Classes for Women.** Warden Woods Community Centre. 74 Firvalley Ct. (near Warden and St. Clair). Call 416-694-1138 x160 or x124. FREE

4th Wednesday of every month at 7:15 pm. **Jokers Club.** Antibes Community Centre. 140 Antibes Drive. Share jokes, play games to help keep the mind sharp. Call Irv Helpert at 416-661-2541. FREE

Volunteers

St. George's Literacy Centre is looking for volunteers to help adults with reading, writing and math. One-on-one or in a classroom setting. Call Adela at 416-393-0364.

Toronto Aerospace Museum needs volunteers for a wide range of activities. Daytime and weekend positions available. Free training. Visit <http://www.torontoaerospacemuseum.com/> or call 416-638-6078.

Baycrest Centre for Geriatric Care seeks volunteers to work in its **Wellness Library** on Tuesdays and Thursdays from 10 am. to 12:30 pm or 12:30 to 3 pm. Must have an interest in health and wellness, enjoy meeting people and helping them find health information. Computer experience an asset. Training provided. Call 416-785-2500 x2572.

Host Program of CultureLink seeks volunteers who are fluent in English for a one-on-one matching program which facilitates friendship between newcomers and volunteers. People are matched for six months on the basis of gender, age and residential location for practicing English, social activities, sharing culture and special events. Call 416-588-6288 x210.

Workshops/Classes

Friday, March 27 from 1 – 3 pm. **Panic Disorder.** A free health talk for patients, family and community members of University Health Network. Speakers: Dr. Diana Kljenak, MD, FRCPC and Dr. Peter Sakuls, MD, Family Physician. Toronto Western Hospital. Auditorium. 2nd floor. West Wing. 399 Bathurst Street (just north of Dundas). To register call 416-603-5800 x6475 or email evangeline.roldan@uhn.on.ca. FREE

The Older LGBTQ Resource Centre. 519 Church Street Community Centre. All events are free and light refreshments are available.

- Monday, March 23 at 3 pm. Susie Henderson, community builder and group animator facilitates a **Grief and Loss** workshop where participants work with art and craft materials. FREE
- Monday, March 30 at 3 pm. **Show and tell** about sex toys for men and women facilitated by Etmet from Come As You Are, a local sex shop. FREE

Saturdays from 11 am - 3 pm. **New Youth Group and Drop-in Centre** for young women ages 14 to 18. Called 1326 Womyn, the new program offers free film screenings, workshops on leadership and self-development, fundraising, photography, T-shirt design, henna creation and dance skills. RIWC. The Riverdale Immigrant Women's Centre (RIWC). 1326 Gerrard St. East. Call 416-465-6021 or e-mail 1326womyn@bellnet.ca for more information. FREE

Every Monday from 1 to 3 pm. **Sewing Classes**. Warden Woods Community Centre. 74 Firvalley Ct. (near Warden and St. Clair). A volunteer assistant sewing instructor is also needed. Call 416-694-1138 x160. **FREE**

Thursday, March 19 from noon – 1 pm. The Marion Powell Women's Health Information Centre. **Nutrition Strategies to Prevent Type 2 Diabetes**. Carolyn Christo, RD, CDE of TRIDEC – Diabetes Education Centre. Women's College Hospital. Room 916. 76 Grenville St. RSVP to 416-323-6045. Light refreshments will be served. Visit <http://www.womenscollegehospital.ca/>. **FREE**

Thursday, March 26 at 2 p.m. **Income Tax Information Session**. The session includes how to fill out income tax return forms, what is income tax, tax benefits for newcomers, taxpayer's rights and responsibilities, and who to call for help. Guest speaker from Neighborhood Information Centre. East York Employment Centre. 1450 O'Connor Dr. To register call 416-615-1515 x0. **FREE**

Tuesday, from March 24 – June 9. Noon to 3 pm. **Free Child-Minding Training**. Open to people interested in working as a child-minder or opening a home day care. Learn basic skills required to take care of a group of children through training in the areas of child development, health, nutrition, and safety issues. Certificates will be awarded upon completion of the program. Creating Together. 1497 Queen St. West. For more information and to register, contact Salma at 416-855-1066 or visit <http://www.4villageschc.ca/programs.htm>. **FREE**

Writers/Books/Archives/Stories

March to May. **Lit City. Toronto Stories, Toronto Settings**. Lit City celebrates writers who find inspiration in Toronto and use the city as a setting in their work with free author readings, literary walking tours, book launches, panel discussions, exhibits, and more. Lit City kicks off at Toronto's 175th anniversary party at City Hall on March 6, and runs until the 10th anniversary weekend of Doors Open, May 23 & 24, 2009. Visit [What's On @ Lit City](#) or www.toronto.ca/litcity. All events are **FREE** unless otherwise noted.

DIAL-A-STORY at Toronto Public Library. Services available in English, French, Spanish, Italian, Polish, Portuguese, Cantonese and Mandarin. Dial 416-395-5400 and follow the prompts to select a story. For children. **FREE**

Wednesday, April 1 at 7 pm. April 2009 is Keep Toronto Reading month and Lit City programs are part of the action as writers, actors and artists highlight books about the city and its neighbourhoods at select branches citywide. **Lit City: Celebrity Picks**. Actor Cynthia Dale, singer/songwriter Amy Sky and writer Shyam Selvadurai read from their favourite books set in Toronto. Toronto Reference Library. 789 Yonge St. Call 416-393-7131 or visit [Toronto Public Library](#). All events are **FREE** unless otherwise noted.

Currently and through 2009. Monday to Friday from 9 am - 4:30 pm and Saturdays from 10 am - 4:30 pm. Continues throughout 2009. New exhibit, **An Infectious Idea: 125 Years of Public Health in Toronto**, City of Toronto Archives. 255 Spadina Rd. Visit <http://www.toronto.ca/archives>. **FREE**

March 28 at 3:00 pm. **The Next Chapter**. Shelagh Rogers interviews Pat Capponi on CBC Radio One for March Mystery Month. Visit www.crimewriterscanada.com or email Cheryl Freedman, Executive Director of Crime Writers of Canada at info@crimewriterscanada.com. **FREE**

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