

# 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 (CSRU)  
of the Centre for Addiction & Mental Health (CAMH)*

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## Newsbytes

**April 2 declared World Autism Awareness Day.** The Honourable Leona Aglukkaq, Minister of Health, announced on April 2, 2009 that April 2 will be recognized as World Autism Awareness Day in Canada. "It is important that Canadians realize both the challenges faced by families dealing with autism and the incredible uniqueness and creativity of individuals diagnosed with this mysterious disorder," said Mike Lake, Member of Parliament for Edmonton – Mill Woods – Beaumont . "Being better informed will contribute to better decision-making and a greater understanding of how to interact with people who have autism, in ways that enrich all of our lives." (News Release - 2009-54, April 2, 2009. For immediate release.) Visit [http://www.hc-sc.gc.ca/ahc-asc/media/nr-cp/\\_2009/2009\\_54-eng.php](http://www.hc-sc.gc.ca/ahc-asc/media/nr-cp/_2009/2009_54-eng.php) for full story.

**Health Canada issues advisory on blood lancing devices.** Health Canada has advised Canadians who use reusable blood lancing (blood-sampling) devices to test blood not to share the reusable device with more than one person due to the risk of transmitting blood-borne viruses such as hepatitis B, C and HIV. These devices are used to test blood sugar levels in diabetes. There have been reports of the reusable devices being shared by individuals and used by health care workers on more than one patient. Replacing the needle does not eliminate the risk because other parts of the device can come in contact with blood. Ottawa - **Advisory** 2009-50 March 25, 2009 For immediate release. Consumers requiring more information about this advisory can contact Health Canada's public enquiries line at (613) 957-2991, or toll free at 1-866-225-0709.

**Anti-addiction drugs show promise for alcoholism treatment.** CNN reports recent research suggests that Toprimate (Topamax) and naltrexone may help to curb cravings for alcohol. A University of Virginia study of topiramate and a federally funded study (COMBINE) of naltrexone found that adding these drugs to therapy results in higher rates of abstinence, reduced drinking and reduced post-relapse drinking than therapy alone. They appear to work by acting on pleasure/excitement related brain activity. Critics say that anti-addiction drug treatment does not address the behavioural component of addiction. Anti-addiction drugs are not widely used in rehab centers. ("With anti-addiction pill, 'no urge no craving'", Caleb Hellerman, CNN Senior Medical Producer, CENTRAL FALLS, Rhode Island (CNN), updated 8:50 a.m. EDT, Wed April 15, 2009.) For full story visit <http://www.cnn.com/2009/HEALTH/04/15/addiction.cold.turkey.pill/>.

**New Research discovers possible early warning for dementia.** A research study appearing in Proceedings of the National Academy of Science, reports heightened activity in the area of the brain that deals with memory may offer an early warning sign of dementia decades before the disease manifests. The researchers link heightened activity in the hippocampus with a rogue version of gene ApoEr that is associated with increased risk of Alzheimer's disease. The authors of the study, from Oxford University and Imperial College London, "believe over-activity in the hippocampus may effectively wear it out, raising the risk of dementia in later life". Experts warn not to over interpret the research finding because there are multiple factors involved in developing the disease. ("Early warning clue for dementia", BBC News. Monday, 6 April 2009.) For full story visit <http://news.bbc.co.uk/1/hi/health/7986289.stm>.

**Kindness in Chicago.** On April Fool's day a Chicago man posted an offer to help anyone in Chicago "with something this weekend". He helped 5 people who responded to his offer and asked that they "pay it forward" to someone else. To see a video of his Good Samaritan weekend visit <http://woohooreport.com/2009/04/best-weekend-ever-pittsburgh-samaritan-treks-to-chicago-performs-five-good-deeds-for-strangers-he-found-on-craigslist/>. (Source: "Best Weekend Ever, Pittsburgh Samaritan treks to Chicago, performs five good deeds for strangers he found on Craig's list." The WooHoo Report – Serving up Good News Daily.)

**Ball v. Ontario** is an important special diet case currently before the Human Rights Tribunal of Ontario. It alleges that the Ministry of Community and Social Services discriminates against social assistant recipients on the basis of disability. Final arguments are to be held June 16 – June 14, 2009. It is hoped by the Income Security Advocacy Centre that a successful decision will promote systemic changes by the Ministry. (ISAC Update Newsletter – April 2009 Edition.) For full story visit <http://www.incomesecurity.org/documents/ISACUPDATE-April2009.pdf>.

## Wish List

We have received a request for an Ipod, a microwave, a toaster and an ironing board. We've received donations of a grey IKEA couch in good condition, which requires some assembly to put the arm rests on; also a computer chair and a black arborite computer desk. 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.

## C/S Online

<http://addictionsurvivors.org/>

Addiction Survivors is a well-maintained, recovery-focused site based in the US. The site owners say: "AddictionSurvivors.org is a not-for-profit organization (501c3 tax exempt status pending) dedicated to providing peer support communities for those with addiction disorders and their families and friends. These forums are funded in whole by individuals whose lives have been touched by addiction in one way or another." The site's focus is on opioid addiction treatment, alcohol dependence, stimulant addiction and gambling addiction. The alcohol dependence and opioid addiction treatment forums appear to be quite active. The site contains scheduled chats, tons of useful links, and educational resources including informational "mini essay" posts based on research on addiction.

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#### Computer Help Available

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

## Job Postings

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

### Griffin Centre seeks a Peer Outreach Worker

Contract – Part Time (May 2009 – March 2010)

Date Ad Posted: 4/21/2009

**Application Deadline: 5/8/2009**

Peer Outreach Worker

At Griffin Centre, we assist over 1,000 people each year to recognize their strengths, achieve their goals and improve their lives. Griffin Centre promotes positive change for people with mental health challenges and/or development disabilities and their families. We are dedicated to delivering innovative services and developing creative partnerships that enhance lives and communities. This is a 15 hour per week contract position from May 2009 to March 2010. Griffin Centre's ReachOUT Newcomer Network is a program for lesbian, gay, bisexual and transgender youth who are newcomers to Canada.

This innovative program is focused on increasing service access for LGBT newcomer communities across Toronto by providing settlement services including referrals, needs assessments, solution-focused counselling and service bridging. We are currently seeking one Part-Time Peer Outreach Worker with connections and knowledge of LGBT newcomer youth to provide outreach services to these communities.

**Responsibilities:** The major position responsibilities include: Facilitate relevant community outreach activities, with a focus on LGBT newcomer and refugee youth from diverse cultural backgrounds; Assist with planning community outreach activities and developing multi-lingual outreach materials that promote settlement services for LGBT newcomer youth and allies from diverse cultural backgrounds; Distribute outreach materials at community events across the City of Toronto, with a focus on events attended by newcomer youth; Co-facilitate workshops for youth and service providers; Provide interpretation, information and referrals to settlement services for LGBT newcomer youth and allies; Assist with collection of statistics for monthly and yearly reports.

**Qualifications:** Fluency in at least one of the following languages required: Arabic, Farsi, Mandarin and/or Russian; Experience and comfort working with LGBT youth from diverse cultural backgrounds; Demonstrated experience with community outreach and referrals; Knowledge of employment and social services for newcomer and refugee youth in Toronto and surrounding areas; Previous experience facilitating workshops for youth and/or service providers; ability to work evenings and some weekends; Strong commitment to creating and supporting anti-racist environments; Excellent communication skills in English; Driver's license and access to a vehicle are definite assets.

If you have the above qualifications and are ready to make a difference, please email your cover letter and resume to [resume@g Griffin-centre.org](mailto:resume@g Griffin-centre.org) by May 8, 2009. Please quote file # 15-09. Thank you for your interest in this position. Only those to be interviewed will be contacted.

THE GRIFFIN CENTRE IS AN EQUAL OPPORTUNITY EMPLOYER. WE VALUE DIVERSITY AND WELCOME APPLICANTS FROM ALL CULTURES, ABILITIES, AND SEXUAL AND GENDER IDENTITIES.

### Alternatives - The East York Mental Health Counseling Services Agency seeks a Community Support Counsellor

**Application Deadline: 5/1/2009**

Alternatives is a community based mental health service located in the East End of Toronto. We provide one-to one client centered counseling, case management and community support to individuals who have experienced various forms of

trauma and significant mental health challenges. We value the knowledge and strengths of the individuals who use our services and are committed to giving choice and flexibility to the individuals we serve. As an organization Alternatives is Trauma informed, Recovery oriented, Client directed and Anti-oppression. We acknowledge that much psycho-emotional distress is rooted in both past and ongoing traumatic events that can dramatically impact one's life and relationships. We focus on self-determination, support/connections, self-advocacy and hope, as part of journey towards improved wellbeing. We acknowledge the strength, resilience and expertise that is reflected by the experience of those who consult us and recognize a client's ability to decide and express what is their interest. At Alternatives we acknowledge the existence of specific systemic barriers and oppressions that have an ongoing negative impact on the daily lives of many people we work with. These barriers are expressed in systemic imbalances of power, privilege and access to resources.

**Responsibilities:** one to one supportive counseling intakes in person and via telephone; crisis management; client advocacy; participate in weekly staff meetings; maintain client information and data base; participate in agency functions, events and meetings; Internal and external supervision

**Qualifications:** Minimum 3 years counseling experience; degree or diploma in social services or equivalent combination of education and experience; strong analysis of what causes trauma and mental health issues; strong analysis in and committed to anti-oppression, anti-racist work; able to work independently and as part of a team; understanding of the mental health system; creative, progressive and respectful problem solving skills; understanding of consumer/survivor perspectives and race, class and gender issues; clear understanding of client based and client centered work using a recovery model; preference will be given for ability to speak the languages of Urdu, Hindi, and Gujarati; we encourage applications from people of all races, colours, ethnic origins, religions, abilities and sexual orientations. Survivors and/or consumers of the psychiatric system are strongly encouraged to apply. Alternatives is an equal opportunity employer. We thank all applicants for their interest; however, only those to be interviewed will be contacted.

Compensation: \$24/hour

Hiring Committee  
Alternatives, The East York Mental Health  
Counseling Services Agency  
2034 Danforth Avenue Toronto, ON  
M4C 1J6  
Fax: 416-285-5733

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## St. Michael's Hospital, HR, Bond St. Site seeks Research Assistants

**Application Deadline:** 5/13/2009

Seasonal

The Centre for Research on Inner City Health (CRICH) at St. Michael's Hospital is currently seeking highly motivated individuals for the position of Research Assistant in an exciting and challenging research environment. The Research Assistants will be a part of an innovative project that seeks to understand the important features of neighbourhoods and how they influence the health and well being of Toronto's diverse populations. Under the supervision of the Survey Research Team and Project Director, this position primarily involves arranging and conducting face-to-face interviews with residents across the greater Toronto Area.

**Responsibilities:** active participation in ongoing interview skills development workshops; scheduling and coordinating interviews with research participants; conducting face-to-face, computer assisted interviews with research participants; adhering to project protocols, including security, data transfer/storage and quality control protocols; monitoring interview progress by providing regular updates of recruitment and scheduling progress; documenting interview response rates and incidences (where applicable); providing research participants with social and health services as needed.

**Qualifications:** graduate of community college or relevant research experience; proficient in English (both oral and written); demonstrated computer skills; excellent communication and interpersonal skills; must be willing to travel across the greater Toronto area; ability to work flexible hours; demonstrated cultural/ethnic sensitivity; excellent organizational skills to manage multiple tasks in a timely manner and flexibility to adapt to a changing workload; excellent attention to detail and proven ability to learn new skills; ability to work independently and as part of a team.

Interested applicants are invited to apply on line at St. Michael's Hospital website [www.stmichaelshospital.com](http://www.stmichaelshospital.com).

Amount: \$18.77 - \$23.46/hour

Contact by website  
Applicant should quote Job# 595441  
St. Michael's Hospital, HR, Bond St. Site  
For more information visit: <http://www.stmichaelshospital.com>.  
This job is posted on Charity Village.

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# COMMUNITY ANNOUNCEMENTS

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

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## Mental Health Week 2009

The Canadian Mental Health Association's 58th Mental Health Week takes place May 4th through 10<sup>th</sup>, sponsored by Desjardins Financial Security. The national awareness week provides Canadians with many opportunities to find out more about the importance of mental health, and how to achieve it in our daily lives.

For more information contact: Alexandra Keay at [akeay@cmha.ca](mailto:akeay@cmha.ca) or (613) 745-7750 Ext. 222.  
[http://www.cmha.ca/BINS/content\\_page.asp?cid=6-361](http://www.cmha.ca/BINS/content_page.asp?cid=6-361).

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## C/S Information Centre Free Tax Clinic

**We still are booking appointments.** We do the current tax year – 2008 – and also previous years. We go back as far as Revenue Canada allows – 10 years.

We only do simple tax returns following the guidelines set by Canada Revenue Agency:

- single person: income under \$25,000; couples and persons with dependants: under \$30,000

Unfortunately, if your taxes involve any of the following conditions we cannot do them at our Clinic:

- bankruptcy; rental income; self-employment income; capital gains; death of spouse during the 2008 tax period

To book an appointment please call the Centre at 416-595-2882.

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## Inspirations Studio Mothers' Day Sale

Friday May 8, Saturday May 9 and Sunday May 10 Noon til 5 pm  
761 Queen Street West Suite 201  
416 367-2728

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## Gerstein Centre seeks volunteers for Board of Directors

The Gerstein Centre provides crisis intervention to adults, living in the City of Toronto, who experience mental health issues. The Centre provides telephone, face to face, and on site support for individuals in crisis. Our service is non-medical. Last year, the Gerstein Centre opened a second site in the west end of Toronto. The second site provides short term, crisis support for persons with mental health issues involved with the criminal justice system.

The Gerstein Centre is looking for volunteers for our Board of Directors, able to commit 3-5 hours per month for a minimum of one one-year term. The Board meets about once a month. Currently, there are committees in the following areas: Human Resources, Fundraising, Governance/Nominations and Finances. Expertise in any of these areas would also be considered an asset.

Gerstein Centre is committed to equity principles and hopes to broaden the diversity of the Board. We are particularly interested in hearing from individuals who represent the cultural diversity of Toronto and from those with personal experience of the mental health system. For more information, please contact Paul Quinn (Executive Director) by phone at 416-929-0149 or by email at [<pquinn@gersteincentre.org>](mailto:<pquinn@gersteincentre.org>). You can also find more information on our website at <http://www.gersteincentre.org/volunteer.html>.

If you are interested in the position, please contact Paul Quinn before Sunday, May 31.

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**"Stop Shocking our Mothers and Grandmothers!"**  
END STATE-SPONSORED VIOLENCE AGAINST WOMEN!

What: Protest

Host: Coalition Against Psychiatric Assault

Start Time: Sunday, May 10 at 1:15 pm

End Time: Sunday, May 10 at 4:00 pm

Where: NE Corner of Spadina Avenue and College Street

To see more details and RSVP, follow the link below:

<http://www.facebook.com/n/?event.php&eid=74421066989&mid=44404fG53938f3cG4da086G7>.

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**The Lakeshore Asylum Cemetery Project Invites You to Join Us for a  
"Spring Visit and Clean-Up"**

Saturday May 2nd, 2009

(Rain Date: Sunday May 3rd)

2:00 pm

To remember and honour in a dignified and respectful way the lives of the 1511 people buried in the Lakeshore Psychiatric Hospital Cemetery and to acknowledge their contributions to our community.

We will be gathering to do some yard work and freshen up the grounds. Grass/Hedge clippers and lawn-edgers will be useful. You are welcome to join us. Donations of artificial flowers would also be appreciated.

For more information please contact  
Deb Quiggin at 416-251-8666.

Directions to the Cemetery:

TTC – From the Royal York Subway take the #15 Evans bus to the northeast corner of Evans and Horner Avenue where the cemetery is located. (From Kipling Subway, taking the Kipling South Bus to Evans Ave. and walking east works as well.)

Cars – The cemetery is just south of the onramp to the QEW where Evans and Horner meet. There is a parking lot on the south side of Evans Ave.

Please Note: The graveyard is not wheelchair accessible; there is little shade, and no water supply.

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**Diabetes Self-management Program for Mental Health Consumer/Survivors**

Tuesdays from June 9 to June 30

2:00 pm to 4:00 pm

South Riverdale Community Health Centre  
955 Queen Street East (at Carlaw)

DEC NET is pleased to offer a program to the East Toronto community especially tailored to meet the needs of individuals experiencing mental illness and diabetes.

- Small group classes are offered in 4 meetings of 2-hour duration in a community setting led by a nurse and dietitian.
- You can bring a family member, case manager, or caregiver if that would help you feel more comfortable.
- Programs are offered at no cost to participants; TTC tickets will be provided to participants.
- Program includes an initial program visit with a nurse or a dietitian so we can get to know each other.

Individuals can also meet 1-1 with a registered nurse or dietitian at any time without attending the class.

Please phone Sandra at 416-461-9043 x 339 for more information or to register.

## Call for Human Rights Award Recipient Nominations

Dear Friends:

Consider honouring a City of Toronto resident or organization for making a significant contribution to improving human rights in Toronto. The deadline for submitting nominations will be extended to Monday, May 25, 2009.

The Human Rights Awards are presented in five categories:

- Aboriginal Affairs Award
- Access Award for Disability Issues
- Constance E. Hamilton Award on the Status of Women
- Pride Award for Lesbian Gay Bisexual Transgender Two Spirited Issues
- William P. Hubbard Award for Race Relations

Award recipients will be recognised at a ceremony on Wednesday, November 25, 2009 at Toronto City Hall.

Nomination forms are on the website at <http://www.toronto.ca/civicawards>.

Ceta Ramkhalawansingh  
Manager, Diversity Management and Community Engagement  
City Manager's Office  
Toronto City Hall  
416-392-6824  
<mailto:cramkhal@toronto.ca>

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

*Free and Low-Cost Events for May 1 - May 15*

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### Art

Every Thursday afternoon from 1 to 3 pm. **Scrap booking Club**. Organize your pictures while making friends. All welcome. Don Mills United Church. 126 O'Connor Drive. Call 416-425-4951. FREE

Thursday, April 30 and Friday, May 1 at noon - 9 pm. Saturday, May 2 at 10 am - 5 pm. Sunday, May 3 at noon - 5 pm. **THE POTTER'S STUDIO** is holding its 38th annual spring show and sale. More than 3000 decorative and functional pieces created by more than their 40-member co-op will be available for sale. Visitors can choose from bowls, mugs, platters, teapots, vases, rakuware, sculpture, jewelry and more. 2 Thorncliffe Park Drive. Unit 16. For more information, call 416-423-1827 or visit [www.thepottersstudio.ca](http://www.thepottersstudio.ca). Admission and parking are free.

### Comedy

Every Wednesday at 8 pm. THE BAD DOG Theatre Company, presents **Harold Night** at the Bad Dog. Character-based improvised scenes weave together into full-length sets. 138 Danforth Ave. For reservations, show and workshop information, call 416-491-3115 or visit [www.baddogtheatre.com](http://www.baddogtheatre.com). Admission is \$5.

### Festival

Seasonal Opening is Friday, May 8 at 5:15 – 10 pm. Saturday, May 9 at 11 am; Sunday May 10 at noon; Monday, May 18 at 12:15 pm. **Arts at the Heart**. The artisan market is an open-air market that is affordable and inclusive. The focus is giving a high profile outlet to artists, designers and craftspeople to reach their market. Yonge-Dundas Square. We are in the heart of downtown Toronto on the South-East corner of Yonge and Dundas Streets. Call 416-979-9960 or email [info@ydsquare.ca](mailto:info@ydsquare.ca). or visit <http://www.ydsquare.ca>. Free to browse.

May 1 at 7 – 11 pm. **Toronto's 23nd Annual Socialist May Day Celebration. Solidarity against the Crisis Presentation.** Featuring speakers: Jorge Soberon, Consul General of Cuba in Toronto; John Clarke, Organizer, Ontario Coalition Against Poverty; Nchamah Miller of the Communist Party of Colombia; Ali Mallah Vice-President of the Canadian Arab Federation, member of CUPE, and V.P. (Alternate) of CLC; Niraj Joshi of the Toronto Haiti Action Committee; Barry Weisleder, Substitute teachers' organizer, and Federal Secretary, Socialist Action; and Elizabeth Byce, federal Treasurer, NDP Socialist Caucus, and retired member of the Toronto Local, Canadian Union of Postal Workers.

Featuring entertainers: Jon Brooks, 2007 Canadian Folk Music Award Nominee for 'Best Songwriter'; Marianne Girard, roots/alternative country singer-song writer with 2 CDs attracting praise; Bill Heffernan, activist, teacher and song smith; Glen Hornblast, folk singer on the social justice scene; Smokey Dymny, an IWW rebel troubadour; and the sweet harmonies of Linda Saslove. At the event there will also be a literature display, raffle, and surprises. Free Times Café. 320 College Street (2 blocks west of Spadina Ave.). For details, call the Free Times Café at 416-967-1078. \$10 waged, \$5 non-waged or PWYC.

Friday, May 8 at 3 – 7 pm and Saturday, May 9 at 9 - noon. **Awesome Spring Sale.** Bargains in furniture, clothing, china, glassware, jewelry, toys, books. Leaside United Church. 822 Millwood Rd. (at McRae Drive). Call 416-425-1253 for details. Admission is free.

Saturday, May 9 at 11 am – 4 pm. **Annual Spring Fair** at Jackman Avenue Public School. In the schoolyard at 79 Jackman Avenue (just north of Chester subway station). A great day out for the whole family, with a fun variety of games of skill and fair-like activities including a dunk tank, inflatable obstacle courses and slide, and a fantastic used toy and book sale. Also an amazing silent auction, raffle, bandstand, terrific food and barbecue and delicious home baked goodies! Please join us rain or shine. Admission is FREE.

## Music and Dance

**Canadian Opera Company Free Concert Series.** Unless otherwise stated, all opera performances take place at the Four Seasons Centre for the Performing Arts, 145 Queen St. West. Call 416-363-8231 or visit <http://www.coc.ca/PerformancesAndTickets/FreeConcertSeries/May2009.aspx>.

- Tuesday, May 5 at 12 – 1 pm. **Chamber Music Series: *It Takes Two*.** Celebrated chamber ensemble Duo Concertante (Nancy Dahn, violin and Timothy Steeves, piano) presents a rich and varied program of popular favourites and rarities from across the centuries, from Beethoven's third Sonata (Op.12, No. 3) to R. Murray Schafer's only work for violin and piano, written especially for the Duo. FREE
- Tuesday, May 12 at 12 – 1 pm. **Piano Virtuoso Series: *Oriental Fantasy*.** Grand Prize winner of the Montreal International Musical Competition, Piano 2004, Ukrainian pianist Serhiy Salov creates true excitement. A veritable sculptor of sound, he possesses the rare ability to create colours and moods at the piano. The program will feature works by Scarlatti, Beethoven, Ravel and Balakirev's exotic virtuoso showpiece: *Islamei: Fantaisie Orientale*. FREE
- Thursday, May 14 at 12 – 1 pm. **Dance Series: *City of Tribes*.** The North American premiere of *City of Tribes* is a unique and explosive international collaboration between the U.K's Tavaziva Dance, and Toronto's COBA, Collective Of Black Artists. An exchange of choreographic expressions between two companies based in a contemporary Africanist aesthetic, the 45-minute piece to be presented by DanceWorks in collaboration with danceImmersion, and choreographed by Trinidadian BaKari E. Lindsay and Zimbabwe-born Bawren Tavaziva, will feature six high-octane dancers from Canada and the U.K. FREE

## Peer Support

Tuesdays. Ongoing. Register for **Separated Anonymous**. Call 416-283-3305.

## Fitness/Recreation

Year Round. Various times and locations. **Street to Trail** has trips scheduled all throughout the year. A not-for-profit, registered charity, helping less fortunate people regain hope and independence through wilderness trips. The charity was founded by Paul Mackle in 2001 as an innovative way to help poor and homeless people in Toronto regain hope and confidence. Typically, S2T schedules trips every second weekend, with half of them being a Saturday day-hike and the other half being multi-day trips to the wilderness for either canoeing or hiking. Occasionally S2T arranges overnight bicycling trips through rural Ontario. For trip enquiries, please call Paul Mackle at 416-532-0983 or email paulmackle@yahoo.com. For more information about Street to Trail visit <http://paulmackle.blogspot.com/> or <http://www.street-to-trail.org> or <http://www.youtube.com/paulmackle>.   FREE

From April 25 – October 4. **Heritage Toronto Walks** presented by Heritage Toronto. Free neighbourhood walking tours cover all areas of the city. Walks tell the stories behind the people, landscapes and historic buildings that bring Toronto's neighbourhoods to life. Call 416-338-3886 or visit [www.heritagetoronto.org/](http://www.heritagetoronto.org/).   Walks are free and no reservations are required.

Mondays and Thursdays at 1:30 to 3 pm. **Drop-in skating** for older adults. Continues until June 1. Join the group for a coffee social at Stan Wadlow Clubhouse following the skating. East York Memorial Arena. 888 Cosburn Ave. Call 416-396-2842.   FREE

Every Thursday at 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 x 160 or 124.   FREE

## Volunteer



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



Ongoing. All shifts are during daytime clinic hours, Monday - Friday. Provide support to people with cancer and their families at Princess Margaret Hospital. **Healing Beyond the Body (HBB)** is an exciting extension of volunteer services that recruits, trains and supports volunteers to play a key role in helping to make the hospital experience less stressful, confusing and overwhelming for patients. Volunteers help in a number of ways: provide support, encouragement & information; help patients prepare for appointments; provide an orientation to hospital & community resources. If you are caring, energetic and have strong interpersonal skills we'd love to have you join us. We need volunteers who can be available for a minimum of 1 shift per week. We also ask that you are available for a minimum of one year. Princess Margaret Hospital. 610 University Avenue. Call Mary Bagg at 416-946-4501 x 3311 or email [hbb.volunteers@uhn.on.ca](mailto:hbb.volunteers@uhn.on.ca) or visit [uhn.ca/Careers\\_at\\_UHN/volunteering\\_at\\_uhn/index.asp](http://uhn.ca/Careers_at_UHN/volunteering_at_uhn/index.asp).

Wednesday, May 13. **YWCA TORONTO** is seeking 200 enthusiastic volunteers for its signature 29th Annual YWCA Women of Distinction Awards on Wednesday, May 13, at the Metro Toronto Convention Centre. More than 1,500 business and community leaders will celebrate seven inspirational women who have worked to improve the lives of women and girls in Toronto and around the world. For details and a registration form please visit [www.womenofdistinction.ca](http://www.womenofdistinction.ca). Questions may be directed to the volunteer coordinator at 416-961-8101 x 332 or <mailto:sansari@ywcatoronto.org>.

Ongoing. **Beach Arts Centre**. Located near Main Street and Danforth Avenue, is looking for directors for its board of directors. The board meets a minimum of three times per year. Applicants must be at least 21 and have good communication skills, enthusiasm and an interest in developing communities through arts and related programs. Contact Elaine Daviau at [edaviau@rogers.com](mailto:edaviau@rogers.com).

Ongoing. **The Toronto Humane Society** needs volunteers. It takes a special person who is willing to donate their time toward a good cause. By taking the initiative to become a Volunteer, Volunteer Dog Walker, or Volunteer Kitten Feeder, you show your commitment to the well-being of animals. Specific Requirements:

- Must be able to commit to at least three hours per week for at least six months
- Must be at least 18-years-old to volunteer with the animals
- Have had a current tetanus shot
- Provide two references

Thank you for your interest in becoming a volunteer for the Toronto Humane Society. Please feel free to come to the shelter at 11 River Street, on the southeast corner of Queen and River, to complete an application. For more information visit <http://www.torontohumanesociety.com/getinvolved/volunteer.asp> or call 416-302-2273.

## Workshops/Classes

Every Monday at 1 – 3 pm. **Sewing classes**. (Also, a volunteer assistant is needed if you are interested). Warden Woods Community Centre. 74 Firvalley Ct. (near Warden and St. Clair). Call 416-694-1138 x 160. FREE

Every Thursday at 1 - 3 pm. **Knitting classes**. Warden Woods Community Centre. 74 Firvalley Ct. (near Warden and St. Clair). Call 416-694-1138 x 160. FREE

Ongoing. Tuesdays and Wednesdays at 4 to 6 pm. Scarborough Bluffs Music. A not-for-profit organization offers **piano, guitar and rhythm skills lessons for children in grades 1 to 6**. Scarborough Bluffs United Church. 3739 Kingston Rd. (near Scarborough Golf Club Road). Call 416-266-8352. \$2 to \$7 per class.

**LINC English classes** offered to landed immigrants and convention refugees 18 years and older, through the CICS LINC Centre; full-time, part-time, day and evening and weekend classes from basic to Level 5. All clients must be assessed. To register call 416-299-8118 x 0 or drop by 4002 Sheppard Ave. East. Unit 501. (at Kennedy Road). TTC tokens and childcare provided. FREE

## Writing/Books

Call for Submissions. Deadline for Submissions May 4, 2009. **Get Lit Competition and Exhibition**. Presented by Toronto Arts Council Foundation. Special Exhibition of all entries May 23-24, 2009 at 10 am – 5 pm. Torontonians of all ages are invited to get creative and submit their Toronto inspired works to the first-ever Get Lit! Competition. Get Lit! invites submissions in any creative form providing the final work includes a literary element. Get Lit! explores how text and spoken word can be presented in various media and will present new ways of telling city stories. Everyone is invited to tell their stories through a work of art, poem, short story, or even a sound recording. All entries will be a part of a special weekend long exhibition on May 23 and 24, where Doors Open visitors can learn more about the Toronto Arts Council, its literary grants programs, and check out and read all the Get Lit! entries. Get Lit! is launched as part of the Toronto Arts Council's 35th anniversary celebrations. Toronto Arts Council/Foundation. 141 Bathurst St. (We are on the east side of Bathurst just south of Richmond). Call Cara Williams at 416-392-6802 x 214 or email [cara@torontoartscouncil.org](mailto:cara@torontoartscouncil.org) or visit [www.torontoarts.org/GetLit.pdf](http://www.torontoarts.org/GetLit.pdf). FREE

Saturday, May 2. **Fabled City**. A program of Lit City and Doors Open Toronto at York Museum, 2694 Eglinton Ave. W. from 1 to 2 p.m. in the Centennial Recreation Centre, just west of Keele Street. Red Square - The Great Depression in the Township of York with Storyteller Jim Blake. In the 1930s many families in the Township of York lost their homes and hundreds of men were out of work. Tent "cities" were established to provide some shelter. One of these ramshackle settlements (located at the current site of George Harvey Collegiate) was labeled "Red Square" because of the political agitation of its residents. Join us and hear compelling stories from Red Square and the Township of York in the 1930s. Audience: General. Admission is free. Please RSVP as seating is limited. [416-394-2759](mailto:416-394-2759) [izuppin@toronto.ca](mailto:izuppin@toronto.ca)