

BULLETIN



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

Bulletin 414 March 15 - 31, 2010

C/S Information Resource Centre of Toronto, 1001 Queen St. West, Toronto, ON
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Newsbytes

Acupuncture effective for depression during pregnancy. A Stanford University study of 150 pregnant women diagnosed with major depressive disorder compared the effectiveness of depression-specific acupuncture, non-specific acupuncture and massage therapy as depression treatments. Each woman received twelve 30-minute treatments over the course of 8 weeks. The treatments helped and the acupuncture that targeted depressive symptoms was more effective than either standard acupuncture treatment or massage therapy. It isn't known whether this treatment will be effective for pregnant women with severe depression or with depression and anxiety both. <http://www.womensmentalhealth.org/posts/acupuncture-for-the-treatment-of-depression-during-pregnancy/>

SSRIs and Cataracts. A study of 200,000 Quebec residents aged 65 and older demonstrates an association between anti-depressants fluvoxamine (Luvox) and venlafaxine (Effexor) and cataracts. Participants who take SSRIs were 15 percent more likely to develop cataracts with Luvox producing a 51 percent higher risk and Effexor producing a 34 percent higher risk of having cataract surgery. <http://psychcentral.com/>

Marine organism model for testing Alzheimer drugs. Sea squirt tadpoles develop Alzheimer's plaques when injected with a protein found in human families that carry a hereditary form of Alzheimer's disease. The sea squirts possess the same genes for developing Alzheimer's plaques as human beings. Researchers hope the tadpoles will prove effective as models for testing new treatment drugs for Alzheimer's. <http://www.sciencedaily.com/releases/2010/03/100302083451.htm>

APA proposes new diagnostic guidelines. Some of the proposed changes by the American Psychiatric Association for the next edition of the Diagnostic and Statistical Manual include new categories such as "autism spectrum disorders", "temper dysregulation with dysphoria" disorder (intended to reduce the over diagnosis of juvenile bipolar), and "risk" disorders for people who may develop psychosis or dementia in the future. "Substance abuse" becomes "addiction and related disorders" with sub-categories such as "cocaine use disorder" and alcohol use disorder". Gambling is included under "behavioural addictions". Sex and internet addiction are not recognized as disorders and "binge eating" is added to the list of recognized eat disorders. The DSM-5 is expected to be published in 2013.

http://www.kidsmentalhealth.ca/news_and_events/view_html_article_clinical.php?id=1044

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C/S Online

<http://www.youtube.com/watch?v=pxbw7dDMX60>

You might be interested in taking a look at a little documentary made for my Mad People's History course at Ryerson. It's called "self-labelling and identity" and it features 12 Toronto activists talking about how they self-label and why. You can find it on YouTube under "self-labelling and identity". - David Reville

<http://groups.google.ca/group/odspfireside>

This is a message board for ODSP recipients to ask questions and share information about ODSP.

http://www.mc当地gov.on.ca/en/mcss/programs/social/odsp/income_support/index.aspx

This is the government site for ODSP frequently asked questions and provides details about income support

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.

COMMUNITY ANNOUNCEMENTS

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

10TH "ANNUAL BEING SCENE CALL FOR ART

A Juried Exhibition Produced by Workman Arts in partnership with CAMH

CALL TO ARTISTS who are members of Workman Arts or who have received services from CAMH.

WHAT TO SUBMIT: Two dimensional works – Max 4 works/artist – Max size 94" x 48" For works submitted on paper, one work must be framed.

SUBMISSION DEADLINE: WEDNESDAY MARCH 31, 2010 Exhibit opens June 3, 2010

SUBMIT To: Workman Arts, Attention: Chris Mitchell between 10 am and 4:30 pm. We are located at 651 Dufferin St. (Dundas and Dufferin), Toronto, Ontario M6K 2B2. 416-583-4339

Understanding Postpartum Depression and Beyond: Supporting Moms and Families during the Challenging Transition into Parenthood

Wednesday, March 31
St. Joseph's Health Centre
30 The Queensway

6:30 pm to 9 pm. Pizza will be served at 6:30. Workshop will begin at 7pm.

A Workshop Designed for mothers, fathers, family and friends whose lives have been affected by postpartum difficulties. Health care providers are also welcome.

Guest speakers will provide both a father's perspective on postpartum mood disorders, and a first-hand account of a mother's personal experience of postpartum depression.

Learn about postpartum depression, anxiety and stress. Understand the social and cultural factors involved in the adjustment to parenthood. Learn coping strategies and find out about resources.

A limited number of free childcare spaces are provided upon request.

Registration is required only if childcare is needed. To register for childcare please call Deborah at 416-530-6850.

The Trans Inclusion Group at the Centre for Women and Trans People hosts “The Joy of Gender”

The Centre for Women and Trans People, University of Toronto
563 Spadina Ave., Room100 (North Borden Building)
Mon March 15 from 6 – 8 pm
Wheelchair Accessible Food provided Free

“The Joy of Gender” is a provocative and gorgeous slide show presented by Hershel T. Russell that identifies trans experience as an ordinary, if ‘unusual’, aspect of human diversity. Chapters include: *“Disrupting gender: the Opposite Sex is Neither.” “Policing Gender: who does it?” “Trans communities here and now: we’re fabulous, get used to us!”* Thought-provoking experiential exercises, film clips and plenty of time for Q&A will make for a lively and interactive workshop for a broad range of audiences from trans activists and academics to *cisgendered* people seeking answers to the most basic questions.

The event will also be an opportunity to learn about – and complicate – the current politics around the DSM (The Diagnostic and Statistical Manual of Mental Disorders) and the University’s problematic ties. Let’s educate, activate and mobilize around the issues together! Open community discussion will follow. Allies welcome. <http://womenscentre.sa.utoronto.ca/>

Call Us Crazy Peer Support Group



Call Us Crazy is a peer support group for people who are experiencing or have experienced the mental health system, identify as consumers, psychiatric survivors, mad folk, or crazy people. We aim to be an alternative to conventional mental health services and supports.

If you would like to attend the meeting and/or you have any questions, please contact Andrea White at: andreajanewhite@gmail.com. You can also request to join the CUC listserv by contacting the same address.

Next Meeting: Saturday, March 27 from 3 - 5pm at the 519 Community Centre
519 Church Street, Room 201

Bring your stories, rants, hopes and possibilities.

Houselink is looking for Board Members

Houselink is a leader in the field of supportive housing and recovery for people living with mental illness. Houselink works to change social conditions and is committed to member involvement and principles of equity.

We need volunteers with experience and an interest in: Mental Health, Financial Management, Advocacy, Anti-Oppression work, and Fundraising.

To apply call Sian Ferguson at 416-539-0690 x 248 or email sianfe@houselink.on.ca www.houselink.on.ca.

Houselink strives to represent the diversity of our community and encourages applications from members of equity seeking groups.

Houselink's Annual Meeting will be held on June 22, 2010

Three Reasons to Feel Proud

May F. was a patient at Queen Street from 1889 until her death in 1952, and was a domestic servant in the superintendents' and then nurses' residence.

Audrey B. was a patient at Queen Street from 1905 until her death in 1946 and worked in the asylum sewing room for at least 30 years where she was known for the expertise of her sewing abilities.

Mathilda K was a patient at Queen Street from 1898 until her death in 1938 where she worked in the dining room and laundry.

As well as their own community, these women continue to influence through art, literature and history.

In the coming weeks, an art installation entitled *Labouring* which features images of the women and some of their history, and included in *Out From Under, Disability History and Things to Remember*, by Ryerson University, School of Disability Studies will be show cased within the cultural component of the 2010 Para Olympic Games in Vancouver (March 9 to 21) at UBC Robson Square!

— Ruth Ruth, The Friend Spike Theatre

The Empowerment Council's (EC) Annual General Meeting



The Empowerment Council (EC) is a voice for clients at the Centre for Addiction and Mental Health. Our purpose is to conduct system wide advocacy on behalf of clients/survivors/people with substance use issues. We create change, from CAMH policy to the law.

Have you ever received services at CAMH or elsewhere in the community? Are you a psychiatric consumer/survivor or a person who has had substance use issues? If this describes you, and you want to make a difference, come to the EC's Annual General Meeting. Give the Empowerment Council direction and elect community representatives to the Board of Directors, or run to be a representative yourself.

Thursday, March 18, 2010 at 5:30 pm
33 Russell Street, Room 2029

Dinner and \$6.00 transportation fee will be provided.

For more information please contact Beth Jacob at 416-535-8501 x 6837 or beth_jacob@camh.net.

The Schizophrenia Program at CAMH, the Schizophrenia Society of Ontario, and SiG@MaRs present

Dr. Fred Frese: Schizophrenia: Changing Minds

MaRS Discovery District (Lower concourse auditorium)
101 College St.

Diagnosed with schizophrenia when he was 25, Dr. Frese is a psychologist who has specialized in the field of schizophrenia for over 40 years, working tirelessly as a practitioner and advocate for consumers and their families.

Please RSVP at 416-449-6830 or knicholls@schizophrenia.on.ca

Free

Mood Disorders Association of Ontario's WRAP Group

9 week group

Wednesdays starting April 14

36 Eglinton Ave. West Suite 602

1:30 – 4 pm

WRAP is a non-medical approach which gives participants the knowledge and ability to reclaim their power, find and connect with community, Create their own recovery journey, get well and live in wellness.

Please contact Kim at 416-486-8046 x 223 for more information.

Limit of 12 people. The first session is an information session.

Community Resource Connections Toronto's WRAP Group

8 week group

Fridays from April 9 – May 28

12:30 pm – 2:30 pm

Pathways, 25 Neilson Road, Scarborough (southeast corner of Ellesmere & Neilson)

Refreshments and TTC provided

Please contact Katie Tang at 416-482-4103 x 344 for more information.

WRAP stands for Wellness Recovery Action Plan. It was developed in 1997 by American consumer/survivor Mary Ellen Copeland. The program involves an educational and planning process that is grounded in mental health recovery concepts such as hope, empowerment, self-advocacy and interpersonal support and connection. It includes a daily maintenance plan and action plans for triggers, early warning signs, and when things have gotten much worse, as well as crisis planning and post-crisis planning.

<http://www.mentalhealthrecovery.com/>

C/S Info's Income Tax Clinic

It's tax time!

C/S Info Centre's free income tax clinic for low income consumer/survivors is operating again. The guidelines set by Canada Revenue Agency are: for a single person income must be under \$25,000; for couples or a person with a dependant income must be under \$30,000; no complicated returns which means no self-employment income, no bankruptcies, no rental income, no capital gains and no returns for a deceased spouse.

If you meet these criteria, and you have your T4's and/or T5's in hand, please call 416-595-2882 for an appointment with us, or to get the phone number of a free tax clinic closer to where you live.

Consumer/Survivor Information Resource Centre seeks a Volunteer Income Tax Preparer

We are looking for a Consumer/Survivor who is good with people and numbers and the income tax software Ufile. Our tax clinic operates on Tuesdays, intensively in March, April and May and less regularly pretty much all year round.

Our clinic is part of Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP).

Your responsibilities:

- Take the one-day training provided by Canada Revenue Agency.
- Interview clients to see if they qualify under the CRA's guidelines for the service.
- Greet clients and help them to feel at ease.
- Sort documents for those with multiple years of filing to be done.
- Complete Income Tax Returns using both Ufile and ProFile.

- Answer questions about the returns, refunds, GST amounts, tuition receipts and deductions, charitable donations and medical expenses.
- Efile the returns for those clients who fit this option and prepare the return for mailing for the rest.
- Liaise with Canada Revenue and other agencies such as ODSP to obtain missing documentation on behalf of clients.
- Be reliable.

If you are interested in this position and feel you meet the requirements, please send a resumé and/or cover letter no later than Monday, March 22, 2010 to: Helen Hook, Coordinator, Consumer/Survivor Information Resource Centre of Toronto. c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4 or fax to 416-595-0291 or csinfo@camh.net.

EMPLOYMENT MATTERS

Empowerment Council seeks Systemic Advocate in Addictions

Part-time Community Outreach position in Toronto

\$24 - \$26/hour

Closing: March 22, 2010

The Empowerment Council (EC) consists of a nonprofit Board and staff of addiction clients (current or former) and psychiatric survivors, elected by the same. It operates at the Centre for Addiction and Mental Health (CAMH). Its primary purpose is systemic advocacy.

The EC is seeking a half time worker (18 hours/week); personal experience with addiction is preferred. Work is primarily with people in the addiction system at CAMH.

Job description includes: systemic advocacy, research and surveying, outreach to clients/survivors, education of clients/survivors and CAMH staff, and administrative and organizational duties.

Interested applicants please send resume and letter of application to: EMPOWERMENT COUNCIL Hiring, Attn: Beth Jacob, 33 Russell Street, Room 2008, Toronto, ON M5S 2S1 Email: beth_jacob@camh.net

ERDCO is growing and needs your help! Volunteer with ERDCO

1. Volunteer Position: ERDCO Administrative Assistant

ERDCO seeks volunteers to assist project coordinator in administrative tasks. Qualifications include computer proficiency, willingness to learn and a commitment of 3-5 hours a week.

Note: many administrative tasks can be completed from home. Our office space is wheel-chair accessible and our computer software is screen-reader accessible.

Interested candidates call 416-657-2211 or email the ERDCO project coordinator at erdco@erdco.ca outlining qualifications, interest and availability.

2. Seeking Volunteers For ERDCO's Newsletter Committee

Do you have a passion for journalism, reporting or design? Do you enjoy playing with words? If so, ERDCO would love to hear from you. We're looking for people to join our Newsletter Committee. Our newsletter, The ERDCO ECHO, will come out quarterly and we'll accept articles from all ERDCO members. We're looking for people who can volunteer at least 3 hours a month. ERDCO needs people to do the following: Editing, Formatting and Design, Taking Photos & Photo editing and coordinating article submissions.

The Newsletter Committee would meet via teleconference and communicate via email. If you're interested in joining us please email Maria Cruz, ERDCO Newsletter Editor, at cruzinmc@gmail.com or call 416-657-2211 to leave a message.

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

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

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

ART

1st Thursday of each month from 6 – 8 pm. **Yorkville Art Walk**. Highly informative monthly tour gives newcomers and regular attendees a focused overview of the Yorkville art scene. Join us for coffee after the tour at the Coffee Mill - 99 Yorkville Ave. 647-588-1144 Info@YorkvilleNews.ca FREE



March 11 – April 25 from 6 – 9 pm. **Anat Betzer - Purple Rain** presented by Julie M. Gallery. Anat Betzer paints snow fields, dark morbid deep forests, huge trunks and wooden huts. This is the artist's first solo exhibition in Canada. Julie M. Gallery, The Distillery Historic District, 15 Mill Street, Building 37, Suite 103 (Parliament & Mill Street). 416-603-2626 www.juliemgallery.com FREE

FESTIVAL

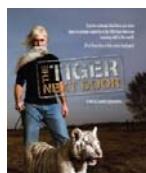
Wed 17 - Sat 20 from noon – midnight. **A Taste of Iceland**. Torontonians can once again experience the Icelandic lifestyle during A Taste of Iceland. Learn more about this beautiful country with free live performances, film screenings, Icelandic food offerings and art. The Drake Hotel, 1150 Queen Street West (Queen Street West & Dovercourt). 647-302-1448 christina@rockitpromo.com FREE

FILMS

Wed 17 from 7 – 10 pm. A World of Shorts presents **Spotlight on Animation**. Innovative character studies, political commentaries, and experimental pieces. NFB Mediatheque, 150 John Street (Richmond West and John). 416-973-3012 www.nfb.ca/mediatheque \$6 \$4 for students and seniors

Sat 20 from 1 – 2 pm. **Ciné-Samedi**. *J'veux un toutou* (I Want a Dog), *Christopher, je t'en prie, nettoie ta chambre!* (Christopher, Please Clean up your Room!), *La danse des brutes* (Bully Dance). Animated films tackle conflicts in the bumpy road of growing up. NFB Mediatheque, 150 John Street (Richmond West & John). 416-973-3012 nfbmediathequeonf@nfb.ca \$5 parents/ FREE for children

Mon 22 from 2:45 pm – 5 pm. **A Touch of Pink**. A young South Asian Canadian lives happily with his English boyfriend until his mother shows up to find him a proper Ismaili Muslim girlfriend. The Older LGBTQ Resource Centre, 519 Church Street Community Centre, 519 Church Street. 416-355-6787 FREE



Thurs 25 from 7 – 10 pm. Special Screening of Award-winning Documentary, **The Tiger Next Door** presented by Zoocheck Canada. The story of Dennis Hill, who has been breeding and selling tigers from his backyard for over 15 years. It follows his motives and the ethically murky world he's created in his backyard. University of Toronto, Bahen Centre, Room 1180, 40 St. George Street. 416-285-1744 www.zoocheck.com \$5

Friday 26 at 6:45 pm. Mixed Greens Monthly Screening Series. **Marina of the Zabbaleen** - Egypt/USA, (70 min.) A documentary and artwork of transcendent beauty about the Zabbaleen Coptic Christians living in Egypt who make a living through garbage collection and recycling. Gardiner Museum, 111 Queen's Park. 416-531-4689 www.gardinermuseum.on.ca PWYC

Rainbow Cinemas \$4 Tuesdays. All Shows. All Ages. <http://www.rainbowcinemas.ca/A/index.php>

- Rainbow Woodbine Centre, Woodbine Shopping Centre, 500 Rexdale. 416-494-9371
 - Starts March 19: *The Bounty Hunter*, *Repo Man*
 - Starts March 26: *Diary of a Wimpy Kid*, *How to Train Your Dragon*, *Hot Tub Time Machine*
- Rainbow Market Square, 80 Front St. East at Jarvis. 416-494-9371
 - Starts March 19: *Repo Man*, *The Bounty Hunter*, *Diary of a Wimpy Kid*
 - Starts March 26: *Clash of the Titans*, *How to Train Your Dragon*

FITNESS AND RECREATION



7 Days a Week from dawn til dusk. Discovery Walks is a program of self-guided walks that links city ravines, parks, gardens, beaches and neighbourhoods. Informative signs guide your journey. In this edition of the *Bulletin* we feature the **Central Ravines, Belt Line & Gardens Discovery Walk**. Explore wooded Don River ravines and follow a lost historic rail line. Discover industrial heritage and the splendid park like environment of Mount Pleasant Cemetery. Start at the Eglinton West Subway Station. The route leads you along the Belt Line Linear Park. The trail then crosses Yonge Street and enters Mount Pleasant Cemetery.

Next you enter a system of natural ravines, which lead you to the St. Clair Subway Station. 416-338-0338 http://www.toronto.ca/parks/recreation_facilities/discovery_walks/discover_index.htm for map FREE

Year Round. **Street to Trail**. A not-for-profit registered charity founded by Paul Mackle in 2001 as an innovative way to help poor and homeless people in Toronto regain hope and confidence. Wilderness trips are scheduled every second weekend. Half are a Saturday day-hike and the other half are multi-day hiking or canoeing trips in the wilderness. Occasional overnight bicycling trips through rural Ontario. Paul Mackle at 416-532-0983 paulmackle@yahoo.com <http://paulmackle.blogspot.com/> FREE

LIGHTS OUT

Sat 27 from 5 – 10 pm. **Earth Hour 2010**. Join the City of Toronto and WWF for this global lights-out celebration! Yonge-Dundas Square, Yonge and Dundas. 311 livegreen@toronto.ca FREE

MUSIC

Canadian Opera Company Free Concert Series. Four Seasons Centre for the Performing Arts, 145 Queen St. West. 416-363-8231 <http://www.coc.ca/Home.aspx> FREE

Piano Virtuoso Series

- **Wed 17 from noon - 1 pm.** Alexander Seredenko, piano. ***Homage à Chopin***. Award-winning young Russian-Canadian pianist Alexander Seredenko performs an all-Chopin program. FREE
- **Tues 23 from noon - 1 pm.** ***Big Keys, Little Keys: Music for Piano and Toy Piano***. Keyboard collective of three versatile pianists (Elaine Lau, Joseph Ferretti and Stephanie Chua) who share a love for unusual music. FREE
- **Thurs 25 from noon – 1 pm.** Li Wang, piano. ***Iberia III***. Virtuoso pianist Li Wang takes us from the famous Gypsy quarter of Granada to the lively working-class quarter of Madrid. FREE

Chamber Music Series

- **Tues 16 from 12 – 1 pm.** ***Homage à Chopin***. A program of works in homage to Chopin under the direction of Norbert Palej. FREE
- **Tues 30 from noon - 1 pm.** Arraymusic. ***Miniatures***. Short works written expressly for the ensemble by a broad range of composers. FREE

Mon 29 from 7 – 9 pm. **Thoughts on Music with Jonathan Harvey**. "Music and rhythm find their way into the secret places of the soul" (Plato). Drawing inspiration from Christianity, Buddhism, Sanskrit and Medieval mysticism world-renowned British composer Jonathan Harvey shares his thoughts on music. The Gardiner Museum, 111 Queens Park Ave. 416-586-8080 Click [here](#) to register. FREE

SHOWS

Fri 26 – Sun 28 from 10 am – 5 pm. **Etobicoke Quilters Guild Quilt Fever 2010**. Members Gallery display of hand, machine and fibre art quilts. A \$1 raffle draw for two beautiful quilts. Sunday Raffle draw at 3 pm, show closes at 4 pm. Neilson Park Creative Centre, 56 Neilson Drive (Hwy # 427 and Dundas Street West). 416-622-5294 info@neilsonparkcreativecentre.com \$5 admission



Sat 27 – Sun 28 from 11 am – 6 pm. **Ebony & Ivory: Gesneriads in Perfect Harmony**. The Toronto Gesneriad Society celebrates their 33rd anniversary with their annual judged gesneriad flower show. Sherway Gardens, Sherway Square, 25 The West Mall (QEW & Highway 427). 416-621-1070 www.torontogesneriadsociety.org FREE

Sat 27 from 11 am – noon. Fabled City: St Lawrence Neighbourhood - Stories with Jazz featuring storyteller Jim Blake and musicians Lina Allemano, Rob Clutton and Tim Posgate. Launch of a special exhibition on the history of the *St. Lawrence Ward: A Pictorial View of Toronto's Oldest Neighbourhood* which runs until April 17. Maps, photographs and art illustrate the architecture, economic development and political life of the area. Please RSVP as seating is limited. The Market Gallery, 95 Front Street East, St. Lawrence Market. 416-392-7604 www.storytellingtoronto.org FREE

THEATRE

Until April 4. Communion. Written and directed by Daniel MacIvor. World Premiere. When Lida's psychotherapist does the unthinkable and offers concrete advice, Lida acts on it. Three women reveal their hidden strengths in this funny play about motherhood, love, God, and the meaning of life. Mainspace, Tarragon Theatre, 30 Bridgman Avenue (Howland Ave & Bridgman Ave.) 416-531-1827 info@tarragontheatre.com Rush tickets are \$10 (Call for details).

Thurs 25 – Sun 28. One Reed Theatre presents **Little Iliad.** The performance of a conversation between two old friends – one a writer, one a soldier – who together try to tell a lost Homeric story. The Theatre Centre, 1087 Queen St. West. 416-538-0988 Pay-What-You-Can

WORKSHOPS AND CLASSES

Classes begin March 27. **Learn for Life – General Interest Classes for Adults – Spring 2010.** Check out the amazingly diverse array of classes offered by the Toronto District School Board this spring. Learn how to play euchre, build a website, knit, dance, do accounting, speak a new language, communicate more effectively, play a new sport or play an instrument. Classes offered in Art, Business & Finance, Communications, Computers, Crafts, Dance, Fitness & Wellness, Food, Games & Hobbies, Handiwork, Health & Safety, Interior Design, Languages, Music, Self-development, Sewing, Sports, and more. You may register right up until the day and time the course begins. Classes are located in schools and community centres across Toronto. 416-338-4111 www.learn4life.ca Seniors received a substantive discount. OW, ODSP or CPP Disability recipients pay only \$10 for one course.

Women's Wellness Week at DODEM KANONHSA' Elder's Cultural Facility, a learning and sharing facility which fosters harmony between members of First Nations and Non-Aboriginal People. Open to Aboriginal and Non-Aboriginal people. Dodem Kanonhsa', 55 St. Clair Avenue East, 6th floor (just east of Yonge). 416-952-9272 dodemkanonhsa@inac-ainc.gc.ca FREE

- **Mon 15 from 1 – 3 pm.** (SMUDGING) Feasts & Giveaways with Ann Solomon FREE
- **Tues 16 from 1 – 3 pm.** (SMUDGING) Moon Teachings with Pauline Shirt FREE
- **Wed 17 from 1 – 3 pm.** (SMUDGING) Finding your Voice with Michele Perpaul FREE
- **Thurs 18 from 1 - 3pm.** (SMUDGING) Leatherwork with Nadine St. Louis FREE
- **Fri 19 from 1 - 3pm.** (SMUDGING) From Fear to Freedom with Brenda MacIntyre FREE
- **Wed 17** Craft Sale! Featuring woman artists, entertainers & craft demonstrations. Displays will include jewelery & crafts, stained glass & leatherwork. Raffles, door prizes and light snacks!

Tues 16 from 10 – 11:30 am. Mental Health Workshop. Learn to manage stress. Toronto Public Library, Riverdale Branch, 370 Broadview Ave. 416-393-7720 www.torontopubliclibrary.ca FREE

Tues 16 from 4 – 6 pm. The Raw Foodist. Interested in a raw food diet? Learn how to prepare favourite raw food recipes. All supplies provided. Toronto Public Library, York Woods Branch, 1785 Finch Ave. West. 416-395-5980 www.torontopubliclibrary.ca FREE

Wed 24 from 7 – 8 pm. Eat Right, Live Right! Learn how proper nutrition can make you feel more energized and productive. Toronto Public Library, Woodside Square Branch, Woodside Square Mall, 1571 Sandhurst Circle. 416-396-8979 <http://www.torontopubliclibrary.ca/> FREE

 **Mon 22 from 8:30 am – 4 pm. Art Into Business** presented by Enterprise Toronto, Economic Development & Culture. City of Toronto hosts its 3rd Annual Small Business Arts Forum. This year's forum will include a keynote presentation by Farley Flex (Canadian Idol Panelist), practical seminars and networking opportunities. North York Civic Centre, Lower Level, 5100 Yonge Street (north of Sheppard). 416-392-1328 jdavid@toronto.ca FREE

Tues 23 and 30 from 6:30 – 8:30 pm. Scarborough Women's Centre presents **Conflict Resolution**. Learn how to identify conflict, de-escalate and deal with it effectively. Learn strategies to defuse anger. Scarborough Women's Centre, 2100 Ellesmere Road, Suite 245. Women of limited income are welcome to request a subsidy. Pre-registration is required. 416-439-7111 adminassist@scarboroughwomenscentre.ca \$10

Tues 23 from 1 – 3:30 pm. **Harmonized Sales Tax (HST) Seminar.** Is your business prepared for the Harmonized Sales Tax (HST)? Representatives from the Canada Revenue Agency will provide information and answer your questions. Toronto Business Development Centre, 1071 King Street West (King West and Shaw). Registration required. 416-345-9437 <http://www.tbdc.com/schedule.php> FREE

Wed 24 from noon to 1:30 pm. Lunchbox Speakers' Series & Webcast. **Social Capital Financing.** Learn about challenges, successes, key trends, issues and opportunities. Ontario Institute for Studies in Education, Room 12-199, 252 Bloor St. West. 416-978-0022 secspeaker@oise.utoronto.ca FREE

Wed 24 from 7 – 8 pm. **Managing Type 2 Diabetes: Mellitus and High Blood Sugars.** Graham Beaton, Doctor of Naturopathic Medicine, speaks about Type 2 Diabetes. Toronto Public Library, Deer Park Branch, 40 St. Clair Ave. East. 416-393-7657 <http://www.torontopubliclibrary.ca/> FREE

Fri 26 from 1 – 3 pm. **Understanding Epilepsy.** Speakers: Martin del Campo, Neurologist, Rosey Smith, Director, Adult Services, Epilepsy Toronto, Carole Duffy, person living with epilepsy. Auditorium, 2nd Floor, West Wing, Toronto Western Hospital, 399 Bathurst Street (just north of Dundas). 416-603-5800 x 6475 evangeline.roldan@uhn.on.ca FREE

Sat 27 from 11 am – 6 pm and Sun 28 from 11 am – 3 pm. **CATS! CATS!! CATS!!! A Cat Extravaganza!** Meet all kinds of cats including different breeds from all over the world! From breeders to rescue organizations, a variety of experts will be on hand. PawsWay, A Pet Discovery Centre, 245 Queen's Quay West (on the grounds of Harbourfront Centre). 416-360-PAWS (7297) PawsWay.ca FREE

Mon 29 from 3 – 4 pm. Jillian Watkins, Ph.D Candidate at U of T's Department of Health Policy, Management and Evaluation discusses her research on **home and community care for LGBT seniors.** The Older LGBTTQ Resource Centre, The 519 Church Street Community Centre, 519 Church Street. 416-355-6787 FREE

WRITERS AND BOOKS

Until May 31, 2010. **Writer-in-Residence Karl Schroeder.** Karl is co-author of *The Complete Idiot's Guide to Publishing Science Fiction*. You may submit a manuscript of up to 5,000 words for a free one-on-one evaluation. The following workshops with Karl Schroeder will be held at the Toronto Public Library, Lillian H. Smith Branch, Lower Level, 239 College St. 416-393-7746 <http://www.torontopubliclibrary.ca/>

- **Thursday, March 25 from 5:30 – 8:15 pm.** Integrating Idea and Story Workshop. FREE
- **Thursday, April 15 from 5:30 – 8:15 pm.** Short Story Structure and Plot Workshop. FREE
- **Thursday, May 20, 5:30–8:15 pm.** Wrangling Your Novel into Shape. FREE

Thurs 18 from 10 am – 8 pm, Fri 19 from 10 am – 5 pm, Sat 20 from 10 am – 5 pm. **Friends of Toronto Public Library Annual Clearance Book Sale.** More than 5,000 gently used book donations and withdrawn library materials. Toronto Reference Library, 789 Yonge St, Beeton Auditorium. 416-395-5577 <http://www.torontopubliclibrary.ca/> FREE

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