



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

# BULLETIN

February 16 – 28, 2011

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto

Phone Hours: M – F from 9 – 5 / Drop-in Hours: M – F from 9 – 4

Tel: 416-595-2882 Fax: 416-595-0291 [csinfo@camh.net](mailto:csinfo@camh.net) <http://www.csinfo.ca/>

## *A Notice for Everyone Who is Interested in* **Mad People's History**

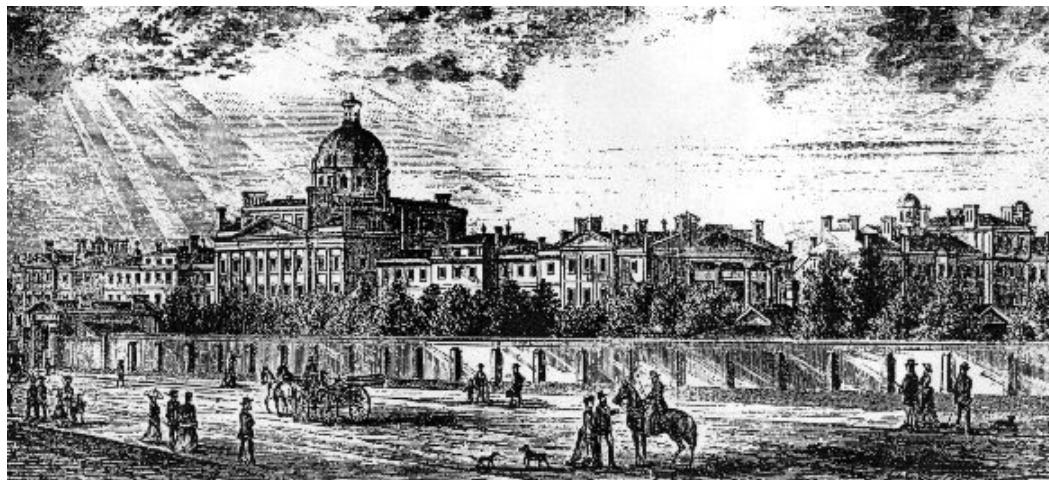
**The Friendly Spike Theatre Band** is happy to announce up and coming community theatre activity for 2011.

Our project is of special significance to those who are interested in **Mad People's History** because **Mad People's History** is the site of our adventure.

On September 25, 2010 a series of nine memorial plaques in remembrance of **The Patient Built Wall** on the grounds of the Centre for Addiction and Mental Health (CAMH) at 1001 Queen Street were unveiled. Together the plaques help to tell the story of the people who built the walls. 'These walls are a testament to people whose unpaid labour was central to the operation of asylums, in the Province of Ontario during the 19<sup>th</sup> and 20<sup>th</sup> century.'

Our project entitled: '**The Walls Are Alive With The Sound Of Mad People**', aims to include an imaginative lively dimension of this history. By using the words on the plaques as our point of entry, actors will develop and link their stories to those of the past. Presentation is planned as part of **The Patient Built Wall Tour, Mad Pride Day July 14, 2011**, and a subsequent tour in the **fall 2011**.

This project takes inspiration from Darlene Lucus' memorable portrayal of May F., by the **Patient Built Wall, 2010**, and the late Bobbi Nahwegahbow's Angel Queen. Both these women used theatrical expression as a way of honouring and connecting with patients past but in many ways their stories revealed persistent societal problems of exclusion and stigma, as well.



Development Rehearsals are 6:30 pm to 9:30 pm on Friday March 11, April 8<sup>th</sup>, May 13<sup>th</sup>, June 10<sup>th</sup> and July 8<sup>th</sup> at the May Robinson Auditorium, 20 Westlodge Ave, Toronto, (one block east of Lansdowne one block north of Queen).

Interested participants are encouraged to visit **The Patient Built Wall** and start your research. Check out [www.psychiatricsurvivorarchives.com](http://www.psychiatricsurvivorarchives.com), or email [friendlyspike@primus.ca](mailto:friendlyspike@primus.ca) to talk about it.  
<http://www.rbeabout.com/queen/libtrin/2pnotat.htm> Contact: 416-516-4740

## 11<sup>th</sup> Annual George Brown College Mental Health Conference

*What Keeps us Going: Embracing Vulnerability and Fostering Resilience in Ourselves and Others*

Thursday, March 4, 2010 from 9 am – 4 pm

290 Adelaide St. East

Featuring Dr. Gabor Maté, M.D.

This one day conference costs \$70 (student rate is \$40) plus GST. This includes a continental breakfast and lunch. For details visit <http://www.georgebrown.ca/mental-health-conference/> 416-415-2000



## 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](mailto:gandier47@hotmail.com) or call C/S Info at 416-595-2882.

## Reminder about Changes to the Special Diet Allowance

The Special Diet Allowance will change on April 1, 2011 to comply with a Human Rights Tribunal of Ontario decision.

### What you should think about before you reapply

If you already get Special Diet, you should have received a letter from the government explaining the changes, as well as the new application form.

You do not have to submit the new application form right away. Some people will be better off waiting until the July 31 deadline. So before you get the new application form filled out by your health care provider (doctor, registered nurse, registered dietician), here are some things that you should think about:

- The current Special Diet program will end as of July 31.
- The new Special Diet program will be available as of April 1. This means that the new amounts of money based on the new list of conditions (see page 3) can start being paid then.
- Between April 1 and July 31, you will continue to get your current Special Diet amount until you send in the new application form and the government finds you eligible under the new program.
- As soon as you send in the new form and are found eligible, the amount of your allowance will be recalculated. The amount of money you will get will be based on the medical conditions your health care provider checks off on the form, using the new amounts (see the list on pages 3 & 4).
- If your new application results in more money and you get the form in before the July 31 deadline, you will get a retroactive payment for any increase back to April 1.
- If your new application results in less money, the lower amount will start to be paid as of the month you sent in your new application form. But the Ministry will not go back to April 1 to take money back.
- If you don't send in the new application form by July 31, your special diet allowance will end.

**The most important thing** is to figure out whether you will get **more money or less money** under the new rules.

- If you will get more money, you may want to send in the new application form right away so you can start getting the increased allowance as of April 1.
- If you will get less money, you may want to wait – but remember, your new application form must be in by July 31.
- If you are not sure whether you will get more or less money, you may want to wait to send in your application form until nearer the July 31 deadline. If it turns out that you are eligible for more money, you will get the increase retroactive to April 1 – but only if you apply before July 31.

### Get some advice to help you figure what to do:

- Take the new application form to your health care provider and talk to them about which medical conditions you can qualify for;
- Use the chart below to figure out how much money you might be eligible for;
- Talk to your local legal clinic about the best strategy for you. (Contact info on page 4.)
- If you get only a very small amount of money from ODSP or OW because you have other income (e.g., CPP or earnings), you will need to figure out whether changes to your special diet allowance could affect your eligibility for ODSP/OW. Talk to your legal clinic and your ODSP/OW caseworker as soon as you can, if you think that might be a problem for you.

### The new list of conditions and the new amounts

The government has based the new list of conditions and the new amounts on recommendations made in a 2008 report from their Special Diets Expert Review Committee.

The Committee's recommendations get rid of some of the unfairly low amounts for conditions like hypertension and diabetes. But there are still some problems with the Committee's recommendations that are being challenged at the Human Rights Tribunal and the Social Benefits Tribunal.

Medical Condition	Amount	Medical Condition	Amount
<b>Unintended weight loss / body wasting due to one of more of these medical conditions:</b>  Amyotrophic Lateral Sclerosis (ALS) Crohn's Disease HIV / AIDS Lupus Malignancy Multiple Sclerosis (MS) Ostomies Pancreatic Insufficiency Short Bowel Syndrome Congestive Heart Failure Cirrhosis (stage 3 and 4) Anorexia Nervosa Cystic Fibrosis Ulcerative Colitis  Lost between 5% and 10% of usual body weight Lost more than 10% of usual body weight	\$191 \$242	Food Allergy – Milk / Dairy 2-8 years of age 9-18 years of age 19-50 years of age Over 50 years of age  Lactose Intolerance 2-8 years of age 9-18 years of age 19-50 years of age Over 50 years of age  <b>Note: If a person has both of these conditions, they will get the amount for Food Allergy – Milk / Dairy</b>  <b>Dysphagia requiring thickening fluids</b>  <b>Osteoporosis</b>	\$32 \$63 \$32 \$47  \$30 \$59 \$30 \$45  \$125 \$38
<b>Chronic Wounds and Burns</b>  Stage 1 & 2 Stage 3 & 4	\$88 \$191	<b>Renal Failure</b> Pre-dialysis Peritoneal / Hemodialysis	\$52 \$88
Diabetes Gestational Diabetes Extreme Obesity	\$81 \$102 \$51	Food Allergy – Wheat Celiac Disease  <b>Note: If a person has both of these</b>	\$97 \$97



Hypertension Hyperlipidemia Hypercholesterolemia  <b>Note: If a person has 2 or more of these conditions, they will get one allowance – whichever amount is the highest for the conditions they have</b>	\$86 \$51 \$51	<b>conditions, they will get one allowance of \$97</b>	
		<b>Insufficient lactation to sustain breast-feeding or breast-feeding contraindicated</b> (provided until infant reaches 1 year)	\$154

Note that the total amount that anyone can receive under the new list is still \$250.

**For more information, check these websites:**

How to find and contact your local community legal clinic: [www.legalaid.on.ca/en/contact/contact.asp?type=cl](http://www.legalaid.on.ca/en/contact/contact.asp?type=cl)

Ministry of Community and Social Services website information about special diet changes:

[www.mcss.gov.on.ca/en/mcss/programs/social/special\\_diet\\_change.aspx](http://www.mcss.gov.on.ca/en/mcss/programs/social/special_diet_change.aspx)

For ODSP recipients: call 1-855-390-1642 toll free for the ODSP Special Diet Unit that is handling new applications.

PDF copy of the Special Diets Expert Review Committee report:

[www.accesson.ca/documents/en/mcss/social/publications/special\\_diet\\_en.pdf](http://www.accesson.ca/documents/en/mcss/social/publications/special_diet_en.pdf)

ISAC's backgrounder on Why the Program is Changing: Look under "What's New" at [www.incomesecurity.org](http://www.incomesecurity.org)

ISAC's Social Assistance Review website: [www.sareview.ca](http://www.sareview.ca) ISAC updates. [www.incomesecurity.org](http://www.incomesecurity.org)



## It's Tax Time!

**Free Tax Clinics:** The Canada Revenue Agency's Community Volunteer Income Tax Program helps eligible individuals who are not able to complete their income tax returns by themselves. Each year over 16,000 volunteers associated with nearly 3,000 community partners, help more than 501,000 Canadians file their tax returns.

If your financial situation meets the Canada Revenue Agency's guidelines, you can take advantage of one of the many Free Tax Clinics being held in libraries, agencies and community centres across Toronto.

The criteria: (These are suggested maximums that are a guideline and some agencies use a lower maximum.)

- If you are single your income must be under \$25,000.
- If you are a family your income must be under \$30,000 - 35,000.

Volunteers do not prepare returns for deceased persons, bankrupt individuals, individuals who have capital gains/losses, individuals with employment expenses, individuals who have business or rental income and expenses, individuals who live outside of Canada.

These guidelines are set by the Canada Revenue Agency.

## C/S Info Centre's Free Tax Clinic

C/S Info Centre runs a Free Tax Clinic. It is only for consumer/survivors of the mental health or addictions system who live in Toronto. If you have a simple return as described above and you have your T4's, T5's, or both, please call the Centre to book your appointment: 416-595-2882.

If you are going to declare your rent you must bring either your rent receipts or a letter from your landlord that states how much rent you paid for 2010.

If you don't have your T slips then call Canada Revenue after March 1<sup>st</sup>, at 1-800-959-8281 to get them. We can't do your taxes without them. Please note that our Clinic operates one afternoon a week and there may be a waiting list.

**If you are in a big hurry call the Canada Revenue Agency at 1-800-959-8281 or visit [www.cra.gc.ca](http://www.cra.gc.ca) to find out where there is a Free Tax Clinic near you.**

If you are an agency person who wishes to arrange to have a client's taxes done, please call us for an appointment, **when you have the documentation in hand.**

## **Opening Doors Toronto – Overcoming Stigmas by Exploring our Strengths and Resiliencies**

Two-day forum for support service providers and people who live with, and are affected by HIV/AIDS.

Tuesday, March 8, 2011 from 9:30 am – 4 pm and Wednesday, March 9, 2011 from 9:30 am – 12:30 pm

The Grand Hotel, 225 Jarvis Street

To register or for more information: 416-506-8606 x 114 or [openingdoors@torontoaidsnetwork.org](mailto:openingdoors@torontoaidsnetwork.org)

## **Cognitive Behaviour Therapy for Psychosis Group at CRCT. (Community Resource Connections Toronto)**

CRCT is starting a group for clients who hear voices and are distressed by their voices to participate in CBT group sessions.

March: Downtown group - March 24<sup>th</sup> from 1 pm to 3 pm. Scarborough group: March 3<sup>rd</sup> from 1 pm to 3 pm.

WHAT: offering 16 weeks group sessions. Participants will:

- learn self-management strategies [developing a tool box] to cope with voices,
- learning to identify triggers/cues for voices and what keeps cycle going,
- understanding meaning of voices, normalizing information about voices,
- sharing coping strategies and trying out new ones,
- learn connection of thoughts, mood and behaviour and how this relates to voices,
- receive hand-outs, reading material, & other resources.

<http://www.crct.org/> 416-482-4103. Refreshments will be provided. If you have any questions, please contact Kirsten Kaylan at extension 398.

## **Building a Culture of Recovery First Annual Summit**

PREFER - Peer Recovery Education for Employment & Resilience

We're proud to announce that our First Annual Summit, to be held in Toronto, Ontario, is scheduled for Saturday April 9th, 2011 and will be available at no cost to people with lived experience of mental health or substance use challenges.

The Summit is an opportunity for the PREFER participants who have been receiving education and training in Peer Support and the wider community of People in Recovery, Consumer/Survivors, and Recovery Supporting agencies and partners to network, share skills, knowledge and discuss opportunities for building a systemic culture that supports Recovery and embraces Peer Support. A keynote address by Stephen Pocklington of Well Beyond Recovery will be followed by a variety of networking and learning opportunities as people from across the province gather to talk about recovery, recovery education, and peer support and employment in the mental health system for people with lived experience. The summit promises to be a gathering of leaders in the Peer Support movement across the province.

The First Annual PREFER Summit, then, will be an excellent opportunity for PREFER participants, community members, C/S/X groups, mental health program administrators, social service students, mental health community associations, mental health, addictions, and related service agencies, and foundations to submit proposals for presentations and workshops geared towards our themes of Peer Support: ways of doing the work, Recovery, Employment and Working in the System, and Personal Stories of Peer Support. Submissions for interactive workshop formats and joint collaborations that promote introspection and a critical gaze on peer support and building a culture of recovery are highly encouraged. Additional goals include supporting self-discovery, recovery, and development through the arts as well as through critical and creative thinking.

We are currently accepting [proposals for participation](#) and especially want to encourage members of our PREFER program to participate. Any format may be considered, including, but not limited to: a presentation of a paper, narrative, or personal story; audio-visual presentations; visual, musical, theatrical or performance art; posters or written displays, and interactive workshops. Additionally, agencies and groups are welcome to request space for networking. Please [use this form to submit a proposal for a presentation or workshop](#) and [this form to submit a request to have space for networking, a poster, or art displayed](#).

Attendance at the summit is free to PREFER participants, Consumers/Survivors and family members. We request that mental health professionals and allies who wish to attend the event, register for the summit but submit a \$25 cheque payable to the Krasman Centre to help defray costs. Registration can be completed online by going to: <http://prefersummit.eventbrite.com/> or by calling 905-780-0491 ext: 125.

For questions or support in building your presentation or proposal: Please forward correspondence to Elizabeth Carvalho at [e.carvalho@krasmancentre.com](mailto:e.carvalho@krasmancentre.com) or to Theresa Claxton at [t.claxton@krasmancentre.com](mailto:t.claxton@krasmancentre.com) or via Fax: 905-780-1960. Tel: 905-780-0491 ext: 125 Toll-Free: 1-888-780-0724.

PREFER, Culture of Recovery c/o The Krasman Centre 10121 Yonge Street Richmond Hill, ON L4C 1T7

[Click here for a copy of our Call for Participation](#) for posting or sharing. Please submit proposal form for presentations and for Exhibit Hall displays by Saturday, February 26, 2011.

We hope that PREFER participants use this opportunity to network, share their learnings and their peer support activities and experiences with each other. We are open to many different forms of participation, learning, and knowledge sharing and would be happy to provide support to any participant who wants to present or participate in any form.

## NEWSBYTES

**U.S. advisory panel recommends rigorous testing of ECT machines.** The 18-member panel was sharply divided but voted to keep Electroconvulsive therapy machines in the highest risk category for medical devices. Panel members acknowledged a lack of scientific studies and evidence concerning the safety and efficacy of electronic convulsive therapy ("electroshock treatment", "shock"). For background information, details of the panel's recommendations and considerations, and a critical response by Dr. Peter Breggin, visit the following links:

<http://www.ahrp.org/cms/content/view/763/104/>

NY Times article: [http://www.nytimes.com/2011/01/29/health/29shock.html?\\_r=1&scp=1&sq=ect&st=cse](http://www.nytimes.com/2011/01/29/health/29shock.html?_r=1&scp=1&sq=ect&st=cse)

Dr. Peter Breggin's comments: <http://www.ahrp.org/cms/content/view/763/9/>

**CBT and cardiovascular disease.** A recent study found that cognitive behavioural therapy for stress management reduced the number of heart patients who had a second heart attack. After 8 years of follow up, patients who took the CBT stress-management course experienced 45 percent fewer heart attacks than the group who did not take the course. Women and men benefitted equally from the CBT.

[http://www.womenshealthmatters.ca/news/news\\_show.cfm?number=990461223&theyear=2011](http://www.womenshealthmatters.ca/news/news_show.cfm?number=990461223&theyear=2011)

**Trans-fats and depression.** New research has found that eating trans-fats brings an increased risk for depression. Olive oil and other polyunsaturated fats seem to make people feel better. Spanish researchers studied 12,000 university graduates for 6 years during which time 657 grads were diagnosed with depression. Those who ate high levels of trans-fats were up to 48% more likely to experience depression. The more trans-fats consumed, the higher the risk of depression. <http://www.mentalhealth.org.uk/information/news/?EntryId17=84354>

**Alcohol addiction and genetic profile.** Researchers have found that ondansetron, a serotonin antagonist drug typically used for nausea and vomiting, was useful in treating severe alcohol addiction in individuals with a specific genetic profile. It increased the percentage of abstinent days. The study will be published in the *American Journal of Psychiatry* in March. The researchers say that genetically targeted medication is a promising area of research for addiction treatment. <http://www.medicalnewstoday.com/articles/214344.php>

**Inquest into opiate related deaths.** An inquest will be held into the deaths of two Ontario residents who died from opiate drug involvement in Brockville in the same residence in 2008. The inquest will examine issues concerning prescribing and monitoring opiates in relation to the deaths and the jury may give recommendations for preventing similar deaths. <http://www.news.ontario.ca/mcs/cs/en/2011/02/inquest-into-the-death-of-dustin-king-and-donna-bertrand-announced.html>

## EMPLOYMENT MATTERS

### Employment Opportunity: Census Jobs

The 2011 Census is staffing 35,000 jobs across Canada.

- Period of Employment: Early March to end of July (start date varies by assignment)
- Rate of pay: \$14.72 to \$18.04 per hour plus authorized expenses
- Hours of Work: Flexible, but must commit to at least 20 hours per week
- Requirement: Must be 18 years of age or over

Apply now/Tell a Friend. [www.census2011.gc.ca](http://www.census2011.gc.ca) 1-866-773-2011 TTY: 1-800-363-7629

### Multilingual Community Interpreter Services is hiring a Training Assistant

This is a full time, clerical support position. \$12/hr

**Application deadline: 03/07/2011**

Qualifications: Data entry skills, telephone skills, proficient in MS Word, Excel and Outlook, completion of secondary school, 1 - 2 years of general business experience. Applicant must be in receipt of social assistance under Ontario Works. [http://www.charityvillage.com/cvnet/viewlisting\\_print.aspx?id=226825&eng=True](http://www.charityvillage.com/cvnet/viewlisting_print.aspx?id=226825&eng=True)

### Saint Elizabeth Health Care is hiring a Peer Supporter

**Application Deadline 02/28/2011**

As a member of a diverse inter-professional team at Saint Elizabeth Health Care (SEHC) you will facilitate and support individuals to define recovery from a personal perspective and help engage them in the Recovery Process. Drawing from lived experience of mental health and/or addiction challenges, you will assist and mentor these individuals as they consider and determine their own unique goals and objectives.

Visit [www.charityvillage.com/cvnet/career\\_centre.aspx](http://www.charityvillage.com/cvnet/career_centre.aspx) for details.

## Places to go... People to see...

*Free and Low-Cost Events for February 16 – February 28, 2011*

### BLACK HISTORY MONTH

Wed 16 at 6:30 pm. **Black Star and the Civil Rights Movement.** Mark Sealy, curator of the upcoming Human Rights and Human Wrongs exhibition, in conversation with Civil Rights photographers, Bob Fitch and Matt Herron. Ryerson University, 350 Victoria Street, Library Building, Room 72. 416-979-5000 x 6843 FREE

Sun 20 from 3:30 - 5:30 pm. **Witness As Desired: A Celebration of African Canadian Film.** Short films by emerging and established filmmakers. Hosted by TIFF co-director Cameron Bailey. Reception to follow. TIFF Bell Lightbox, Cinema 4, 350 King Street West 416-599-8433 FREE

Thurs 24 from 5 – 8 pm. Fri 25 from 9 am – 1 pm. The OFL and Coalition of Black Trade Unionists present the travelling exhibition **And Still I Rise: A History of African Canadian Workers in Ontario.** Four exhibits designed to look like train coaches. Ontario Federation of Labour Bldg, 15 Gervais Drive 416-347-9732 [jgairey@ofl.ca](mailto:jgairey@ofl.ca) FREE

## FESTIVAL

Wed 16 – Sun 27. **Rhubarb Festival.** Contemporary experimental theatre and performance art by local and international artists, plus talks, poetry, dance and more. Buddies in Bad Times Theatre, 12 Alexander Street. 416-975-8555 [buddiesinbadtimes.com](http://buddiesinbadtimes.com). Some events are FREE and Sundays PAY WHAT YOU CAN

Sun 20 – Mon 21 from 10 am – 6 pm. **Family Day at TIFF Bell Lightbox, Bell Free Weekend.** Enjoy screenings, activities, exhibitions, concerts, workshops, and events. Includes the Tim Burton Exhibit and screening of three Tim Burton films. Tiff Bell Lightbox, 350 King Street West, King Street and John Street 416-968-3456 <http://www.tiff.net/calendar/familyday> FREE

Mon 21 from 10 am – 4 pm. **Family Day at the AGO.** Family-friendly games, activities and exhibits such as Animal Tales and Maharaja: the Splendour of India's Royal Courts. Art Gallery of Ontario, 317 Dundas Street West. 416-979-6648 [www.ago.net](http://www.ago.net) Visitors up to 25 years old are FREE

Mon 21 **Family Day on Toronto's Waterfront.** Live music, meet hockey Olympians, skating, arts and crafts—a whole day of outdoor family fun. Queen's Quay between Spadina Avenue and Bay Street. 416-596-9821 [waterfrontbia.com](http://waterfrontbia.com) FREE

Mon 21. Showtimes: noon / 1 pm / 2 pm / 3 pm / 4 pm. **Dog Sports & Safety Demos at Family Day on Toronto's Waterfront** with Sgt. Woof and the Woof Troop. Harbourfront Centre, Pawsway, 245 Queens Quay West 416-360-PAWS [www.pawsway.ca](http://www.pawsway.ca) FREE

Sat 26 – Sun 27 from 11 am – 5 pm. **Bloor-Yorkville 6<sup>th</sup> Annual IceFest.** Circus theme, complete with clowns, mimes, ringleaders, princesses. Ice Carving Competition on Feb 26 in the Village of Yorkville Park. Come see a lion jumping through a flaming ring, a strongman, and a gorilla busting out of its cage in crystal-clear ice! Village of Yorkville Park (Cumberland and Bellair) 416-928-3553 x27 [www.bloor-yorkville.com](http://www.bloor-yorkville.com) FREE

## FILM & VIDEO

Wed 16 from 6 - 8:30 pm. **Constitute!** A film profiling the activism by Canadian women to ensure the Charter of Rights and Freedoms included equality. Followed by a panel discussion with the producer Susan Bazilli. Flavelle House, Bennett Lecture Hall, 84 Queen's Park 416-978-02101 [www.aw.utoronto.ca](http://www.aw.utoronto.ca) FREE

Thurs 24 from 5:30 – 9 pm. The Body Series Showcase: Love Every Body. People come in all shapes, sizes and colours. Join us for an evening of celebration and reflection of our diversity. Registration required by calling 416-973-3012. NFB Mediatheque, 150 John [www.nfb.ca/mediatheque](http://www.nfb.ca/mediatheque) FREE

Sun 27 at 6 pm. Oscar Party. Watch the Academy Awards in style with free popcorn, trivia and door prizes. Hosted by Metro's movie reviewers, Richard Crouse and Mark Breslin. Drake Hotel, 1150 Queen Street West. Call 416-531-5042 ext. 1 to reserve your seat. [thedrakehotel.ca](http://thedrakehotel.ca) FREE

## GALLERY & EXHIBITS

Sun 21 – Mon 21 from noon – 4:30 pm. **Romance of the Rails - Model Railroad Club of Toronto Annual Show.** Presented by the Model Railroad Club of Toronto, home to one of the largest permanent model train layouts in North America. You will see a vast miniature world that has taken many decades to create. Located in the heart of Liberty Village since 1946. 171 East Liberty St, Suite B1 (East Liberty & Hanna Av.) 416-536-8927 Adult - \$8, Senior - \$5, Child - \$4 (cash only)

Wed 23 at 6:30 pm. **Kai Chan: A Spider's Logic.** View this 35-year retrospective and listen to the artist discuss his textile works which often incorporate twigs, thread, toothpicks and buttons. Textile Museum of Canada, 55 Centre Avenue. 416-599-5321 Wednesdays from 5 - 8 pm are PWYC

## HEALTH & WELLNESS

Ongoing. Various locations and times. PhACS. **Running and walking Group for Consumer/Survivors.** It is your choice to walk, walk/run or run. 416-604-6973 No registration required FREE

Every Wednesday at noon. **Yoga classes.** Feel relaxed and rejuvenated by doing gentle hatha yoga followed by meditation. Spirit Wind Yoga, 64 Oxford Street in Kensington Market. 416-539-0234 FREE

Feb 11, Mar 11, Apr 8, May 13, and June 10 from 1 – 2:30 pm. **Tools to Release Stress.** Enter zones of absolute calm with the co-director of The Cranial Therapy Centre in Toronto. 6 St. Joseph St., 2nd Floor (one block north of Wellesley on the west side of Yonge). Drop by the house or call 416-923-8836 or email [6stjoseph@rogers.com](mailto:6stjoseph@rogers.com) or visit [www.6stjoseph.ca](http://www.6stjoseph.ca). [www.becalm.ca](http://www.becalm.ca) FREE

Sat 19 from 8 – 11 pm. **South Asian DJ Skate Party** featuring a mix of the best South Asian music. Brought to you by Masala! Mehndi! Masti! Natrel Rink, Harbourfront Centre, 235 Queens Quay West 416-973-4000 FREE

Thurs 24 at 6:30 pm. **Yoga for 50+.** Introduction for adults 50 years of age and older. Bring a mat or blanket. Toronto Public Library, Barbara Frum Branch, 20 Covington Rd. 416-395-5440 FREE

Thurs 24 from 7 – 8:30 pm. **Breathing for Stress Relief.** A workshop showing you how deep breathing can rejuvenate both the body and mind. Big Carrot, 348 Danforth Avenue 416-466-2129 FREE

Mon 28 at 7:15 pm. **Meditation. An introductory class.** College/Shaw Library, 766 College 416-539-0234 FREE

## LEARNING WORKSHOPS

Fri 18 from 12:30 – 8:30 pm. **Trauma as a Culture Phenomenon Colloquium.** Presented by Onsite [at] OCAD University. Keynote speaker Francis Frascina, John Raven Professor of Visual Arts at Keele University (UK). Relationships between art, culture and politics, especially in America, since 1945. OCAD University, 100 McCaul Street (Dundas West and McCaul) 416-977-6000 [www.ocad.ca](http://www.ocad.ca) FREE

Tues 22 at 2 pm. **Hearing Loss and Aging.** A representative from the Hearing Foundation of Canada explains hearing loss and aging. Toronto Public Library, Barbara Frum Branch, 20 Covington Rd. 416-395-5440 FREE

Wed 23 at 6:30 pm. **Small Business Information Seminar.** Canada Revenue Agency provides info on starting your own business. Toronto Public Library, York Woods Branch, 1785 Finch Ave West 416-395-5980 FREE

Wed 23 from noon – 1:30 pm. Lunchbox Speaker's Series (and Webcast) event. The Social Economy Centre (OISE/UT) presents: **Community Foundations** with Rosalyn Morrison of Community Initiatives, Toronto Community Foundation, Betsy Martin, and Michael Hall of Primus discuss how foundations support social enterprise and mobilize community organizations. Bring your lunch and a mug. Water, coffee and tea will be provided. Ontario Institute for Studies in Education, 252 Bloor St. West, Room 12-199. 416-978-0022 [secspeaker@oise.utoronto.ca](mailto:secspeaker@oise.utoronto.ca) FREE

Thurs 24 from 12:30 – 2:30 pm. **Info Session on Your Financial Rights.** Topics: Gain control of your bank account, saving and chequing accounts, cost of bank services, building a credit history, choosing a credit card, interest rates, loans & mortgages, inquiries and complaints. YMCA, 4580 Dufferin Street, 2nd Floor 416-630-0330 x 185 FREE

Thurs 24 at 6:30 pm. **Seniors and Income Tax.** Canada Revenue provides overview of tax issues that impact seniors including filing returns, credits and where to get help. Call 416-395-5613 to register FREE

## MUSIC

Fri 18 – Mon 21. **Winterfolk Roots and Blues Festival.** Performances by 150 artists! Various venues. All shows are all-ages. You can download the schedule of events at <http://www.abetterworld.ca/> FREE (donations welcome)

Sat 19 from 3 – 4:30 pm. **Beethoven: His Life and Works.** Orchestra Toronto's Musical Director, Danielle Lisboa, presents an outline of Beethoven's career and unveils his mastery in symphonic writing. Guided listening. Toronto Public Library, North York Central Library, 5120 Yonge St. 416-395-5639 to register FREE

Sat 19 at 7 pm. **Put Some Afro in Your Roots.** The Donfors and Nathan Lawrence combine jazz, afro, funk bass and rhythm for their special sound. Black Swan Tavern, 154 Danforth Avenue. 416-469-0537 FREE cover

Sun 20 at 8 pm. **An Evening with Borealis Records.** The Best in Canadian Folk Music presents Eve Goldberg, James Gordon, Melwood Cutlery with Dan Whiteley, Michael Jerome Browne and Mose Scarlett with Tony Quarrington. Black Swan Tavern, 154 Danforth Avenue. 416-469-0537 FREE cover

## TALKS & LECTURES

Wed 16 from 5 - 6:30 pm. **Organizing to Win: Social Change through Citizen Ecological Activism.** Award-winning environmental activist, community leader and former journalist Liz Benneian talks about how the quest for environmental justice pits citizens against the world's largest multinational organizations and governments. University of Toronto, Health Sciences Building, 155 College Street. 416-946-3688 FREE

Fri 18 at 3 pm. Screening of the film "**The Owls**". University of Toronto, University College, Room 179, 15 King's College Circle 416-978-5809 <http://pzacad.pitzer.edu/~ajuhasz/> [www.utoronto.ca/cinema/artic...](http://www.utoronto.ca/cinema/artic...) FREE

Fri 25 at 10 am. **Action for Affordable Housing Forum.** Local and Vancouver activists discuss housing problems and solutions for the city. OISE, 252 Bloor Street West, Room 5280. [www.http://righttohousing.wordpress.com/](http://righttohousing.wordpress.com/) FREE (tokens available) FREE

## THEATRE

Theatre Passe Muraille, 16 Ryerson Avenue (Queen St. West and Bathurst). 416-504-7529 [info@passemuraille.on.ca](mailto:info@passemuraille.on.ca) . [www.http://passemuraille.on.ca/](http://passemuraille.on.ca/)

- Until Sat 26. Highway 63. Co-Created and Directed by Charlotte Corbeil-Coleman, Highway 63: Life at the northern tip of Highway 63, at the front lines of the Athabasca Oil Sands. The voices of Fort McMurray's locals come alive at a time of major change. Saturday matinee at 2 pm is PWYC Tickets on sale at noon.
- Sun 20. **Divisadero: A Performance.** Performance of Michael Ondaatje's award-winning play. A violent and passionate narrative about how a single event powerfully shapes the lives of two sisters. PWYC We start selling the tickets at 12 pm and the show starts at 2 pm.

## WORD UP!

Sun 20 – Sat 26. **Freedom to Read Week.** The Toronto Public Library is hosting talks and panel discussions on censorship, free expression and hate speech.

- Wed 23 at 7 pm. **Censoring Manga for Fun and Profit.** Beguiling Bookstore manager Christopher Butcher talks about how manga (Japanese comics and graphic novels) are censored in North American. Presentation contains ideas and images intended for a mature audience. [Toronto Public Library, Lillian H. Smith Branch](#), 239 College St. 416-393-7746 FREE
- Wed 23 at 7 pm. **Sexual Outliers: Censorship, Advocacy Journalism and the Gay Press.** Queer writers, bloggers and journalists discuss freedom of sexual and political expression. 416-393-7660 [Toronto Public Library, Yorkville Branch](#), 22 Yorkville Ave. FREE
- Mon 28 at 2 pm. **Banned Books: Madame Bovary.** Gustave Flaubert's satire of the French bourgeoisie caused such a moral uproar that its author and publisher were prosecuted. Toronto Public Library, Deer Park Branch, 40 St. Clair Ave. East 416-393-7657 FREE