

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

BULLETIN

May 16 – 31, 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 http://www.csinfo.ca/

PREFER: Peer Recovery Education for Employment & Resilience

With support of the Ontario Trillium Foundation, the **Peer Recovery Education for Employment & Resilience (PREFER) Program** is entering its second year and is **accepting applications from new participants until June 6th!** PREFER is a comprehensive series of courses and trainings about recovery offered within a supportive community of peers. The program is designed to support your personal recovery and support you to enter or progress in the peer, recovery, mental health, or social service workforce doing peer work. PREFER trainings are made available to participants through bursaries they are awarded.

Applications will be accepted from participants living in South Simcoe County, York Region and the Greater Toronto Area. We are **providing bursaries for 50 participants** to take our education and training program. There will be no expense to those accepted into the program.

The package of recovery education programs include:

Orientation to Wellness Recovery Action Plan (WRAP)
Like Minds: Peer Support Education
WRAP Facilitator Certification
Pathways to Recovery
Basic Short Term Crisis Intervention
Suicide Prevention
Gaining Autonomy with my Medication
Anti-Oppression Training

Additional education and support for leadership is provided using **monthly network meetings** for program participants, regular personal transformation tracking and program monitoring. A **yearly summit** welcomes the broader recovery community. To graduate, you must complete all components of the program. If you are interested in participating in this exciting project, please take a look at our brochure and application form for details on our website:

www.cultureofrecovery.org

Information sessions will be held in Toronto and in York Region on the following dates:

Monday May 30th, 2011 from 6:00-7:00pm Krasman Centre, 10121 Yonge St., Richmond Hill

Thursday June 2, 2011 from 10:30 am – 11:30 am at North York General Hospital -- Branson Site, Auditorium, 555 Finch Ave. W., Toronto

To register please email your name and contact information to e.carvalho@krasmancentre.com or call 905-780-0491, ext. 125 or toll-free at 1-888-780-0724.

A Partnership Between


Krasman
centre


Gerstein
Centre


HOUSELINK



PEOPLE AND PETS

People and Pets is a non-profit organization providing foster pet care in the community for people living with mental health challenges who must be away from their home due to hospitalization.

Volunteers foster pets for periods of up to three months. For information on how to access our services or become a foster parent please contact me: Ichamb5702@rogers.com 416-824-3435

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS SELF-MANAGEMENT WORKSHOPS

Held in Scarborough and Durham Region. These are 6-week workshops that empower people to live well while dealing with conditions like diabetes, heart disease, arthritis, lung disease, and other chronic health issues. You will develop new tools and skills that break the “symptom cycle,” to feel better, and do more of the activities you love and enjoy. You don’t need a referral from a doctor. The Workshops are FREE and all participants receive a free copy of the book “Living a Healthy Life with Chronic Conditions”. The book contains proven tips and concrete strategies for dealing with chronic illness, managing emotions and living a productive life.

The Central East Local Health Integration Network (CE LHIN) runs 3 types of workshops: self-managing chronic conditions, self-managing diabetes, and self-managing chronic pain. They also offer the opportunity to become a Peer Leader and lead workshops yourself. This involves a 4 day (free) training course that includes a small honourarium upon completion.

To register call 1-866-971-5545 or register online at www.healthylifeworkshop.ca. Pre-registration is required.

Upcoming Workshops for May:

- ✓ Wednesday May 25 – June 29 from 1:30 – 3 pm. Living a Healthy Life with Chronic Conditions. Birkdale Community Centre, 1299 Ellesmere Road. Pre-registration is required.
- ✓ Thursdays May 26 – June 30 from 1:30 – 4 pm. 6-week Diabetes Self-management Workshop. Taibu Community Health Centre (Malvern Town Centre), 27 Tapscott Rd. Unit 1, Scarborough.
- ✓ Thursdays from May 19 – June 23 from 10 am – 12:30 pm. Living a Healthy Life with Chronic Pain. Carefirst Cantonese. 3601 Victoria Park Ave. Suite 501, Scarborough. Note: Carefirst also hosts a Diabetes Education Program, a free service for diabetes and pre-diabetes patients funded by the Ministry of Health and Long Term Care. They deliver the service in English, Cantonese and Mandarin (Tamil service in planning). Nancy Leung at 416-502-2323 x 6012

VIDEO CLIP PROVIDES FOOD FOR THOUGHT

A subscriber directed our attention to a video clip that may of interest. (Please note that it is produced by the Citizens Commission on Human Rights, a Scientology group.). The clip is from Natural News and “is useful in its juxtaposition of the official story and the actual story of psychiatric spin-doctoring”. Thanks Brian. “CCHR Says Top APA Psychiatrist Needs Lesson in Disease vs. Disorder” <http://naturalnews.tv/v.asp?v=C204075DE9B1687D6A0BCEEE5B47493C>

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 C/S Info at 416-595-2882.





A NEW WRAP GROUP IS STARTING

Please join us for this special 9-week WRAP group: FITNESS & ME - Workout + WRAP

Wellness Recovery Action Plan (WRAP) is about living in new and different ways that promote growth, recovery and wellness. It's an opportunity to focus on hope, personal responsibility, education, self-advocacy, and building support. In a group setting, people develop a list of wellness tools that can be used to plan how they will keep themselves feeling well in day-to-day life, employment, volunteering or education and training opportunities.

Physical Fitness complements WRAP and wellness in a number of ways – by improving overall health, relaxation, stress reduction, weight control and improved self-esteem. Plus...it's fun! Especially when there are others working out too.

Each week there will be a workout followed by a WRAP group. The group will provide an opportunity to be physically active, exercise, or participate in individual or group workouts of various types. In one of the later groups there will be a session on Gaining Autonomy with Medication. We will have conversation about how to build a strong physical fitness component into your Wellness and Recovery Action Plan (WRAP).

Information & Registration Session: Monday May 23rd from 1:00 pm – 3:00 pm

Next WRAP Session:

Mondays from May 30 to July 25, 2011

10 am to noon: group or individual workout. Noon to 1: Lunch 1 to 3 pm: WRAP group
Gerstein on Charles, 100 Charles Street East (between Church & Jarvis)

Spaces are limited. If you would like more information, please contact Nicki at 416-929-0149.



SUBMISSIONS OPEN FOR THE 19TH ANNUAL RENDEZVOUS WITH MADNESS FILM FESTIVAL

Submission Deadline: June 30, 2011

RWM is looking for feature and short films and videos that address issues of mental illness and addiction. All fiction, documentary, experimental, animation and combinations thereof will be considered.

RENDEZVOUS WITH MADNESS
651 Dufferin St.
Toronto, ON
M6K 2B2
Phone: 416-583-4339
Box Office: 416-583-4606
Fax: 416-583-4354

Want to be part of our mailing list? Contact us at
info@workmanarts.com

Announcing an Important Mental Health Recovery Conference...



Mark your calendar

Challenging Our Understanding of Psychosis

and Exploring Alternatives for Recovery

Our Guests:

November 3 & 4, 2011
University of Toronto, Hart House
Registration and conference details to follow.

The conference offers a unique opportunity to hear from a distinguished group of writers, clinical practitioners, researchers, advocates and activists who are foremost in their fields of critical psychiatry, psychology, education, journalism, community development and activism. Their inspiring work on psychosis, depression and recovery puts them in the vanguard of the push to transform mental health care. Join them as they present the case for a new perspective on psychosis, and humanistic, community-based alternatives for recovery.

Robert Whitaker	"Anatomy of an Epidemic"
Dr. Richard Bentall	Deconstructing Schizophrenia
Dr. Sandra Escher	Hearing Voices
Dr. Philip Thomas	Critical Psychiatry
Rufus May	Unusual Beliefs
Dr. Joanna Moncrieff	Psycho-Pharmaceutical Complex
Dr. Alisha Ali	Oppression/Depression
Dr. Michaela Amering	Triologue
Joe Goodbread	Process Psychology
Dr. Julie Repper	Social Inclusion
Will Hall	Psychiatric Drugs/ Harm Reduction
Maria Haarmans	CBT for Psychosis
Dr. Peter Stastny	"Crisis or Opportunity"
Dr. Ron Bassman	"Inspiration, Hope and Possibility"
and others	

For information: Brian McKinnon at 416-285-7996, x 227 bmckinnon@alternativestoronto.org

MAD PRIDE TORONTO 2011

Be a part of Mad Pride Week.
Join us in any way you can!

Some possibilities

- ✓ Hosting a forum or panel discussion
- ✓ Film/video/poetry/theatre/music/visual art or combo event
- ✓ Make a costume and/or sign for the Bed Push
- ✓ Creating a logo/motto/mission for Mad Pride
- ✓ Please join us in any way you can.

What is happening so far:

- ✓ Thursday July 14: Friendly Spike Theatre production of THE WALLS ARE ALIVE WITH THE SOUNDS OF MAD PEOPLE at Queen and Shaw.
- ✓ Saturday July 16: Bed Push from Shaw to PARC along Queen St. ... then party!!!

Send us your idea and let us know what you are planning: madpridetoronto2011@gmail.com by June 1, 2011 so we can get the word out.

The Alliance for Education in Community Mental Health presents:

WORKING WITH INDIVIDUALS WITHOUT LEGAL STATUS – A MENTAL HEALTH & LEGAL PERSPECTIVE

Monday, June 20 from 9:30 am – 12:30 pm

College Street United Church, 454 College St. at Bathurst

Presentations on Individual Experiences of Trauma and Immigration Processes for People without Status

Registration Fee is \$30.00 and a limited number of bursaries are available for community members.

For more information contact Calleta Johnson at 416-516-1422 x 226 or calletajo@houselink.on.ca.

Organized by The Alliance for Education in Community Mental Health: Consumer/Survivor representation, Community Resource Connections of Toronto, COTA Health, Houselink Community Homes, Progress Place, LOFT – Wilkinson Housing and Community Support Services

EMPOWERMENT COUNCIL ANNUAL GENERAL MEETING

Thursday, May 19 at 5:30 pm

1001 Queen St. West in Training Room A

Discussion: What could Client Empowerment mean at CAMH in the next 10 years? Elect your representatives. Help plan goals for the future. Dinner and \$6 transportation subsidy provided.

For further information contact Beth Jacob, 416-535-8501 x 6837 or bether_jacob@camh.net.

EMPLOYMENT MATTERS

HEARING VOICES NETWORK OF TORONTO IS HIRING 2 PEER SUPPORT FACILITATORS

This is a three month contract scheduled to start near the end of June. The group will meet every other week. It will be 3.5 hours as well as some paid prep time, planning and built-in facilitator support meetings.

Closing date: Tuesday May 24

THE NETWORK

The Hearing Voices Network was recently developed in Toronto and is made up people who hear voices, service providers, families and other interested people. The Network is interested in raising the profile of alternatives when working with people who hear voices. Our first priority has been to start a Peer Support Group for People Who Hear Voices. Community Resource Connections of Toronto (CRCT) has agreed to fund this pilot project for 3 months.

THE PILOT PEER SUPPORT GROUP

We are interested in hiring 2 Peer Support facilitators to run a pilot Peer Support Group for People Who Hear Voices for three months (meeting every other week). After completion of this group and based on our findings we hope to continue the group in collaboration with another agency.

KEY RESPONSIBILITIES

- ✓ Facilitate peer support group for people who hear voices, with co-facilitator
- ✓ Make courtesy calls to all participants between meetings
- ✓ Administer Pre/Post Test Survey
- ✓ Liaise with host organization representative/manager
- ✓ Meet with appointed support staff person monthly

QUALIFICATIONS

- ✓ WRAP level 2 and/or equivalent
- ✓ Experience facilitating groups both structured and unstructured
- ✓ Ability to work collaboratively with a co-facilitator
- ✓ Excellent interpersonal skills
- ✓ Committed to working and communicating effectively and respectfully with clients and other supports
- ✓ Knowledge of issues related to mental health recovery
- ✓ Familiarity with GAM, CBT, Pathways, Intervoice, Mindfulness, etc. is an asset
- ✓ Excellent interpersonal, communication and organizational skills
- ✓ Ability to work independently with modest supervision
- ✓ Committed to working within an anti-oppression framework

REQUIREMENT

Person with lived experience with hearing voices

OTHER INFORMATION AND HOW TO APPLY

In order to serve the increasing diversity of individuals we work with, the successful applicant will have an understanding of anti-oppression work and a familiarity with issues affecting ethno-racial communities.

We encourage applications from people of colour, Aboriginal people, persons with disabilities and people who communicate in more than one language. Personal disclosures will be held in confidence.

If you are interested in being considered for this position, please submit your interest in writing, including your resume, to:

Hearing Voices Network, Community Resource Connections of Toronto,
366 Adelaide Street East Ste 230, Toronto, Ontario M5A 3X9

lmorris@crct.org If you apply by email, it is important to quote "Hearing Voices Network JOB POSTING" as the subject line of your email.

NEWSBYTES

Low income and increased mental health problems. A new study reports that people with incomes under \$20,000 per year are more likely to experience mental health problems and suicide attempts. A decrease in income is associated with a higher risk for anxiety, substance abuse and mood disorders. The Canadian study is based on data from a U.S. National epidemiologic survey of 35,000 adults.

<http://www.physorg.com/news/2011-04-income-mental-disorders-suicide.html>

TBI and acupressure. New research shows that people with mild traumatic brain injury benefit from acupressure. Acupressure is the stimulation of points on a person's body with the fingertips. The study showed that acupressure helped with cognitive function and especially with working memory.

<http://www.medicalnewstoday.com/articles/217812.php>

Nicotine and elevated blood sugar. Scientists have discovered that it is the nicotine in cigarettes that is responsible for elevated blood sugar levels in smokers with diabetes. Elevated blood sugar levels increase the risk of diabetes complications, including heart attack, stroke, kidney failure, and nerve damage. Although it was known that smoking increases the risk of diabetes complications it was not known which chemical in cigarettes was responsible for the increased risk. <http://www.sciencedaily.com/releases/2011/03/110327191036.htm>

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

Free and Low-Cost Events for May 16 – May 31, 2011

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

EXHIBITS

May 1 – May 31. Various locations and times. **CONTACT 2011: Figure and Ground Photography Festival.** There are primary and featured exhibits, public installations, TVO films, artist talks, workshops, lectures, film screenings and launches. More than 1000 artists exhibit their work at over 160 venues. 416-539-9595 info@contactphoto.com <http://www.scotiabankcontactphoto.com/> All exhibits and events are FREE.



The Roaring Twenties: Heels, Hemlines and High Spirits. Focuses on the wardrobe and widening horizons of the "New Woman" and influences of the period such as cinema, jazz clubs, and world travel. Bata Shoe Museum, 327 Bloor St. West. Thursdays between 5 and 8 pm, admission is Pay-what-you-can. In addition, they are having a 1920's Movies for a Toonie Series (includes a little snack). So you can visit the exhibit and see a film for \$5 total. Call ahead to reserve a seat. Tues 24 is Senior's Day and anyone over 65 gets in for \$4. (Note: closed May 26 this year). 416-979-7799 x 244 www.batashoemuseum.ca Here are the scheduled films (and 1 concert):

- ✓ June 2 at 6 pm. **Coco Chanel & Igor Stravinsky** (2009)
- ✓ September 8 at 6 pm. **Memoirs of a Geisha** (2005)
- ✓ September 22 at 5:30 pm. **The Kira Callahan Quartets Concert** (1920's and 1930's music). Drop-in. Open Concert. PWYC
- ✓ October 13 at 6 pm. **Thoroughly Modern Millie** (1967)
- ✓ November 3 at 6 pm. **Some Like It Hot** (1959)
- ✓ February 2, 2012 at 6 pm. **La Vie en Rose** (1977)
- ✓ March 1, 2012 at 6 pm. **Chaplin** (1992)
- ✓ April 5, 2012 at 6 pm. **Has Anybody Seen My Gal** (1952)

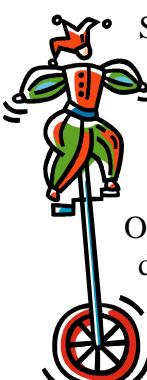


FAIRS/EXHIBITIONS

Tues 31 from 3 – 8 pm. Birchmount Bluffs Neighbourhood Centre presents **Community Health & Wellness Fair**. Over 45 Exhibitors, light refreshments, freebies, raffle and door prizes, info on healthy living – talk to experts on health, exercise and wellness, mini workshops, special children's area, alternative health practitioners. Info on active living, living well with chronic conditions, nutrition, holistic health and mental health. Workshops on healthy living will be presented throughout. Birchmount Bluffs Neighbourhood Centre, 93 Birchmount Rd (at Kingston Rd.) 416-396-4310 FREE

Friday, June 3 and Saturday June 4 from 10 am – 5 pm. **People in Motion 2011**. Canada's Largest Exhibition for Disabilities. Over 100 Displays under one roof! Also, employment opportunities – bring your resume. Queen Elizabeth Building – Exhibition Place 1-877-745-6555 Fax: 905-271-9808 www.people-in-motion.com FREE admission

FESTIVAL

 Sat 21 – Mon 23 from 11 am – 5 pm. **Toronto International Circus and HarbourKIDS Circus Festival**. Circus acts, storytelling, puppet shows, acrobatic feats, hula hoop workshop, balloon sculptures, workshops for kids, clowns, organ grinders, stilt walkers, an exhibit of old circus posters and miniatures, and more. Harbourfront Centre, 235 Queens Quay West (Lower Simcoe Street & Queens Quay West). 416-973-4000 www.tocircusfestival.com FREE

On Mon 23 from 11 am – 5 pm enjoy fun Pirate Activities at Queens Quay. Back to back shows during the afternoon. Long Jon Strong and Zoltan the Adequate Pirate perform magic. Dogs perform trick demonstrations at PawsWay. 416-973-4000 info@harbourfrontcentre.com www.harbourfrontcentre.com FREE

Mon 23. Starts around 9:30 pm. **Victoria Day Fireworks at Ashbridges Bay** in the Beaches.

Attracts enormous numbers of people so get there early to claim a spot. Take the Queen car to Coxwell Ave. or Woodbine Ave. or any bus going south from Coxwell or Woodbine subway stations. FREE

Asian Heritage Month at the Library. Asian Homelands. The library celebrates with a festival of pan-Asian history and culture. All programs are FREE.

- ✓ Sat 28. **Chinese Homelands Festival**. Toronto Public Library Agincourt District Branch, 155 Bonis Avenue. 416-396-8943
- ✓ Sat May 21. **West Asian Homelands Festival**. Flemingdon Park, 29 St. Dennis Drive, Auditorium. 416-395-5820

May 28 and 29. Various times and locations. **2011 Doors Open Toronto**. 150 buildings of architectural, historic, cultural and/or social significance open their doors to the public. No registration required. This year's theme is Photography. Phone: 311 doorsopen@toronto.ca <http://www.toronto.ca/doorsopen/> FREE

LEARNING/TALKS/FORUMS

May 16, May 30, June 6, June 20 from 5:30 – 7:30 pm. **Abilities Arts Festival 2011 – A Celebration of Disability Arts and Culture**. A Workshop Series designed to enhance opportunities for professional development from artists from across a broad spectrum of the disability and deaf communities. Various Toronto locations. Preregistration IS required – limited space. 1-888-844-9991 info@abilitiesartsfestival.org www.abilitiesartsfestival.org FREE

Wed 18 from 2 – 3 pm. **Shopping and Meal Planning on a Budget**. Recipe information will also be discussed. Toronto Public Library, Barbara Frum Branch, 20 Covington Rd. 416-395-5440 FREE

Thurs 19 from 6:30 – 8:30 pm. Community Diabetes Health Series: **Diabetes & Alternative Medicines**. A video conference series broadcast live. Presented by Canadian Diabetes Association. Pharmacist and Herbal Consultant Dragana Skokovic-Sunjic discusses alternative products and how to be a wise consumer. Toronto Rehab, Main Lecture Theatre, 347 Rumsey Road Call 416-408-7145 by May 18 to register. FREE

Thurs 19 at 7 pm. **How to Look at Paintings**. Artist and Professor of Art History Judy Singer teaches the skills to become fluent in the language of art using examples from the Renaissance to Abstraction. North York Central Library, 5120 Yonge St. 416-395-5639 FREE

Sat 21 from 1 – 2 pm. **Reiki Healing Class** presented by the Healing Team. Beautiful slide presentation followed by a demonstration and question period. 416-531-8061 www.thehealingteam.org/Presentations.html The Rosedale Wellness Centre, 365 Bloor Street East FREE

Tues 24 from 7:30 – 9 pm. **Diabetes Research: The Benefits for You and Me**. Presented by Scarborough Chapter of Canadian Diabetes Association. Learn the latest about new fields of study in diabetes prevention and management. Scarborough Village Recreation Centre, 3600 Kingston Road 1-800-BANTING FREE

Wed 25 at 7 pm. **Rumi – Turning Ecstatic**. Toronto filmmaker Tina Petrova discusses her award-winning film that chronicles the experience and transforming power of Rumi, 13th-century mystic, poet and scholar. Toronto Public Library, Don Mills Branch, 888 Lawrence Ave. East 416-395-5710 FREE

Tues 31 at 1 pm. **The Needle and the Damage Done: Death, Drugs and Rock & Roll**. Centre of Forensic Science's toxicologists examine the link between rock stars, drugs and untimely death. Scientific fact pairs with folklore and conspiracy theory. Toronto Reference Library, 789 Yonge St. 416-395-5577 FREE

MUSIC & DANCE

Canadian Opera Company Free Concert Series. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. West 416-363-8231 www.coc.ca FREE

- ✓ Tues 17 from 12 – 1 pm. Chamber Music Series. **Visions of Eternity**. Tokai Quartet: Beethoven and Golijov
- ✓ Thurs 19 from 12 – 1 pm. Chamber Music Series. **Good Vibes**. The Rudolph Family Chamber Players
- ✓ Tues 24 from 12 – 1 pm. Vocal Series. **21st-Century Troubadour**, Doug MacNaughton, voice/guitar
- ✓ Thurs 26 from 12 – 1 pm. Vocal Series. **Les Adieux**. Artists of the COC Ensemble Studio
- ✓ Tues 31 from 12 – 1 pm. **Dance Series**. Louise Naubert, artistic director, Théâtre la Tangente, Camille Claudel
- ✓ Wed, Jun 1 from 12 – 1 pm. Chamber Music Series. **Bach Solo Suites**. Rachel Mercer, cello

Thurs 26 from 3 - 5. **JamSpace Music Group**. Held every alternate Thursday. Bring your own instrument if you can. (To donate an instrument call 647-280-4931). Eden Community Homes, VanDuzer Art Studio, 196 Beverley Street. FREE

ROMANCE ONLINE

<https://www.nolongerlonely.com/> A subscriber wants to get the word out about a dating site for consumer/survivors looking to date or develop friendships with other consumer/survivors. FREE



WALKS & RIDES

www.bikesandtransit.com Find out how to take your bike on the subway, train, bus, highway coach or ferry for cycling trips in and around Toronto, the GTA and the Golden Horseshoe. Cost is the price of the transportation.

Saturdays and Sundays in May from 12 to 5 pm. In celebration of mothers and Queen Victoria, May is Moms and Monarchs month. Experience early life in rural Scarborough and stroll through the park. Scarborough Museum, 1007 Brimley Road, in Thomson Memorial Park 416-338-8807 shm@toronto.ca By donation



The Bruce Trail Hiking Club Urban Walks. These are walks or hikes generally accessible by TTC. Meeting locations are announced on the Club's Info Line: 416-763-9061. www.torontobrucetrailclub.org Cost: \$1

- ✓ Sat 21. Departs at 10 am. 6 hour hike around Tommy Thompson Park on the Leslie Street Spit. An unhurried pace with lots of time to photograph birds, butterflies, flowers, ferns, fungi, and the skyline. For beginners and families. No dogs. Meet at Leslie Street at Unwin Avenue. Call Ray Berzins at 647-207-4954 before 9:30 pm. berzinsg@sympatico.ca

Sat 21, Sun 22 and Mon 23 from 11 - 6. Victoria Day Weekend. **Artisans at the Distillery.** The 13-acre district is the largest collection of Victorian era industrial architecture in North America. A National Historic Site of Canada. Stroll the district and enjoy the wares on display. The Distillery Historic District (between Parliament St. on the west, Cherry St. on the east, Gardiner Expressway on the south and Mill St. on the north).

www.artisansatthedistillery.com Free

Sat 28 from 10:30 am – 12:30 pm. **Heritage Tree Tour.** We'll visit awe-inspiring specimens near the ROM, Philosopher's Walk & Queen's Park and learn about the incredible biodiversity value they provide. Meet in front of the Royal Ontario Museum, 100 Queen's Park 416-413-9244 info@yourleaf.org <http://www.yourleaf.org/> \$5 suggested donation

Sun 29 from 12:30 – 2 pm. **2nd Annual Bike Blessing.** A spiritual aspect of bike safety. presented by Trinity-St. Paul's United Church and Centre for Faith, Justice and the Arts. Ministers will bless bikes and riders and ask for protection for all who ride. May 30 is Bike to Work Day. Bicycle month begins June 1. Trinity-St. Paul's United Church, 427 Bloor St. West (Bloor and Spadina) 416-922-8435 x 21 www.trinitystpauls.ca tsp@trinitystpauls.ca FREE and all are welcome.

YARD SALES

Fri 27 from 11 am – 6 pm. Sat 28 from 10 am – 1 pm. **Textile Museum of Canada's annual sale** of fine fabrics, beads, buttons, patterns, and more! Textile Museum of Canada, 55 Centre Avenue 416-599-5321 www.textilemuseum.ca

Sat 28. **Canadian Breast Cancer Foundation Yard Sale for the Cure.** Yard sales are being held all over Toronto. Too many to list. Visit http://www.cbcf.org/yardsale_map/index3.asp to find the ones near you.

To subscribe call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net.

The **Bulletin** is published on the 1st and 16th of every month by C/S Info Centre – a Consumer/Survivor Initiative funded by the Ministry of Health and Long-Term Care. It's free. If you don't have email you may receive it through the post due to generous support from the Community Support and Research Unit of the Centre for Addiction & Mental Health. Editors: Helen Hook and Colleen Burns. Affordable recreation researcher: Diana Scattolon. www.csinfo.ca

Disclaimer: The views expressed in articles, opinions and announcements published in the Bulletin do not necessarily reflect those of C/S Info Staff, Volunteers or Board Members.

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