

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

# BULLETIN

**June 16 - 30, 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 csinfo@camh.net http://www.csinfo.ca/

*Central LHIN Consumer/Survivor Network and the Psychiatric Patient Advocate Office present:*

## **Living Your Rights Lecture Series**

### **Session 1: A Guide to the Mental Health Act**

North York General Hospital Branson Site, Auditorium - 555 Finch Avenue West

Thursday, July 7 from 2 – 3:30 pm

Wheelchair Accessible. Light refreshments. Tokens available for unwaged attendees.

Living Your Rights is a FREE monthly education series to introduce & inform those involved in the mental health system about their rights, gain a clear understanding of the core principles of mental health law & allied legislation, learn strategies for handling mental health law issues and network with leaders in the field & peers who share your challenges.

Who should attend? Consumer/survivors, peer supporters/peer providers, family members, front-line providers, health & social services providers, mental health advocates, government & policy advisors, anyone interested in increasing their knowledge of mental health law

For more information and to register: Theresa Claxton-Wali, Coordinator, Central LHIN Consumer/Survivor Network at <mailto:clhincsnetwork@gmail.com> or 647-203-3726

**Visit the new 2011 MAD PRIDE website for updates about events and info on how to get involved.**

[www.madpridenetwork.com](http://www.madpridenetwork.com)



## Rethinking Public Housing: New Ideas for the TCHC Board

Toronto Community Housing's new Board of Directors face tough decisions. To welcome and inspire these brand new directors, bring your best ideas for TCHC's future. Our panelists will get the ideas flowing then the floor is yours.

June 28 from 7 - 9 pm

Centre for Social Innovation Spadina, 215 Spadina Avenue

Register here: <http://www.eventbrite.com/event/1734555101>

Sponsored by [openingthewindow.com](http://openingthewindow.com) and the Centre for Social Innovation. Moderated by John Lorinc.

Visit our blog: Opening the Window. <http://openingthewindow.com/>. The registration page on eventbrite says there are no tickets left. But you can bring concerns to the blog.

## CAMH's Client learning Funds

Clients of CAMH can apply for financial support towards tuition or course materials through CAMH's Client Learning Funds. For more information contact Sarah Manson at 416-535-8501 x 4407 or visit Room 813B at 250 College St. Deadline for applications is Friday, August 19, 2011.

## Someone's Son, Someone's Daughter – Making Forensic Mental Health a Clinical Conversation

Hosted by Dr. Catherine Zahn, President & CEO, CAMH and Lorne Sossin, Dean, Osgoode Hall Law School. Featured speakers:

- Dr. Sandy Simpson, Clinical Director, CAMH Law & Mental Health Program
- Hon. Mr. Justice Richard D. Schneider, Ontario Court of Justice
- Lana Frado, Executive Director, Sound Times Support Services
- Steve Lurie, Executive Director, CMHA Toronto
- Janet Leiper, Alternate Chair, Ontario Review Board

Thursday June 23, 2011 from 4:30 – 6:30 pm.

CAMH, 250 College St. Site – auditorium

RSVP [bharati\\_singh@camh.net](mailto:bharati_singh@camh.net) or 416-535-8501 x 6718

## North York Women's Centre announces New Drop-In Space

The NYWC is pleased to announce that our Drop-in space for women is now open. The Drop-in program runs Tuesdays and Thursday from 10 am – noon. In it women can create connections with other women in the community as well as staff and volunteers. There is no set theme. Women can stop by and enjoy a coffee and relax. Women can also stop by anytime Monday – Thursday from 10 am - 4 pm for information and referral services, support, or just to relax. NYWC also runs free support groups and workshops. North York Women's Centre, Please note New Address: 2446 Dufferin St. Toronto, 416-781-0479 [www.nywc.org](http://www.nywc.org)

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 Save a tree, if you get the *Bulletin* by mail and you are able to convert to email, please contact us with your email address. [csinfo@camh.net](mailto:csinfo@camh.net)

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Come out and celebrate the launch of a new report:

## **What Stops Us from Working? New Ways to Make Work Pay by Fixing the Treatment of Earnings under the Ontario Disability Support Program**

Learn about the proposed changes to ODSP and hear from the ODSP recipients featured in the report.

College Street United Church (at Bathurst) on Wednesday, June 29, 2011

A continental breakfast will be served at 10 am. The presentation begins at 10:30 am. Tokens available.

For more information please contact Max at 416-516-0060 or [maxwallace@gmail.com](mailto:maxwallace@gmail.com).

Report prepared by John Stapleton and Stephanie Procyk (Open Policy) & Lindsay Kochen (The Dream Team) May 2011. A full copy of the report can be accessed on the Dream Team website at [www.thedreamteam.ca](http://www.thedreamteam.ca)



## **Recovering Our Stories presents: In Whose Interest?**

How Psychiatric Survivors can use our stories to change the world

The "Recovering Our Stories Collective" is hosting this special event to discuss the importance of consumer/survivor stories. All over Ontario consumer/survivors are talking about their struggles to be heard and to be included in the development of initiatives that reflect their realities. Too often these accounts are overlooked or distorted as other agendas and priorities take precedence. It is time to talk about stories.

Please join us as well-known poet, storyteller and critical thinker Eli Clare takes us through the importance of re-centering "lived experience". This discussion is followed by an engaging panel of speakers who consider the political, cultural, social, and scholarly relevance of storytelling and its designated champions.

Tuesday, June 28, 2011 from 2 – 4 pm

POD250, 350 Victoria Street, Ryerson University

Wheelchair Accessible. ASL provided upon request.

To RSVP contact Shirley Serius [recoveringourstories@gmail.com](mailto:recoveringourstories@gmail.com). This is a FREE event.

## **Sharing the Burden:**

Live Visions Gathered by Stephan Briones

A Collective Photographic Experience    Authentic Expressions without Words

Gallery 1313, 1313 Queen St. West

July 7 – 17, 2011

Wed – Sun from 1 – 6 pm.

416-536-6778



SharingTheBurden-0  
60711X1.pdf

Special thanks to: Gerstein Crisis Centre, Toronto ImageWorks, Voices from the Street

## **VanDuzer Spring Art Show & Sale**

We are still accepting submissions. Contact Tamara Wilen at 647-280-4931

Eden Community Homes, 196 Beverley Street.

Tuesday, June 28 from 4 – 8 pm.

## What is Your Next Step? VE'AHAVTA Street Academy

The Ve'ahavta Street Academy is an 8 week paid program to help individuals return to school after a period of being homeless and/or marginalized.

Learn about job and life skills, personal gifts and talents, and opportunities for positive change.

\*Lunch and a MetroPass will be provided.

To Apply: please send a one page letter telling us why you would like to attend the Ve'ahavta Street Academy. Send to Theresa Schrader at [theresa.schrader@veahavta.org](mailto:theresa.schrader@veahavta.org) or fax to 416-964-6582. [www.veahavta.org](http://www.veahavta.org)

George Brown College

July 5 – August 25, 2011

## Pride Toronto Trans Pride Committee Call for Participants

- We are looking for trans/gender variant performers and workshop facilitators for:  
Fri, July 1 from 10 pm – 2 am. Transparency (Trans March Afterparty)
- Sat & Sun, July 2 and 3 from noon – 8 pm. Trans Space: a mix of resources, performances and workshops
- June 27 – July 3 (Pride Week). Trans programming throughout the week

We welcome a diverse line-up and encourage Trans/Gender variant people from all ages, ethnocultural backgrounds, abilities and sexual orientations to apply.

If you have questions, feedback or any other concerns, please email us at [transmarch@pridetoronto.com](mailto:transmarch@pridetoronto.com).

Blog: [www.transpridetoronto.wordpress.com](http://www.transpridetoronto.wordpress.com) Facebook: [www.facebook.com/transpridetoronto](http://www.facebook.com/transpridetoronto)

Twitter: [TransPrideTO](http://TransPrideTO)

## Seeking Interview Participants for Historical Research Project

Hello, my name is Dustin Galer. I am a student pursuing a PhD in History at the University of Toronto. I am currently conducting research for a dissertation concerning the work and employment experiences of persons with disabilities in Toronto and rural Ontario during the rise and evolution of the disability rights movement. As part of this research, I am looking to interview individuals with disabilities regarding their work experiences. These interviews will be a crucial component in documenting the history of disability rights in Canada and the various cultural, political, and economic changes that have affected persons with disabilities both in and outside the job market in addition to experiences at the workplace. If you are interested in participating in this project, or know someone who is, please call me at 416-830-0026 or email at <mailto:dustin.galer@utoronto.ca> so that I may explain the project in greater detail. Your cooperation is both greatly valued and appreciated.

## “Voices” – the Psychiatric Survivor Archives, Toronto, Newsletter

The latest issue of "Voices", Volume 2, Issue 2, June 2011 is available and will be uploaded to their website soon. Previous issues can be found at: <http://www.psychiatricsurvivorarchives.com/voices.html>



# PSYCHIATRIC SURVIVOR ARCHIVES, TORONTO

(PSAT)  
FIFTH ANNUAL GENERAL MEETING

**NEW DATE**  
**SUNDAY, JULY 24, 2011 from 1-5 PM**

At

THE 519 CHURCH STREET COMMUNITY CENTRE,  
Room 301  
(just north of the corner of Church and Wellesley Streets)

Psychiatric survivors/consumers/current/former patients and allies are welcome to attend PSAT's AGM.

Hear/read a report on past activities.

Discuss future directions.

Elect board members for the year ahead.

Join us in celebrating PSAT'S 10th Anniversary!

Keynote presentation by co-founders Mel Starkman and Don Weitz

This meeting is wheelchair accessible.

Refreshments will be available.

For more information please call: 416-661-9975 or 647-764-4781

For more information on PSAT please see: <http://www.psychiatricsurvivorarchives.com/>

## Are you a Queer Woman of Colour? Are you dealing with stress? Do you struggle with your emotional health?

We want to hear from lesbian, bisexual and/or queer women of colour about their experiences with emotional health, dealing with stress, and depression. We are looking for 900 women and/or trans people to share their experiences and help make a difference.

We know that queer women of colour face discrimination, racism, homophobia or biphobia and that this can affect emotional health.

This research is seeking to find out what happens when women seek help or treatment for their emotional health. Our goal is to help make changes to mental health services.

For people who are eligible, participation includes filling out a confidential, anonymous questionnaire on the internet that takes 30 – 40 minutes. You will be compensated with a gift certificate, or a donation to a charity.

The Pathways research project is a team of researchers and community members from the Researching for LGBTQ Health team at the Centre for Addiction and Mental Health, Rainbow Health Ontario, University of Toronto, Women's Health in Women's Hands and York University. The project is funded by the Canadian Institutes of Health Research.

To take part go to [www.900Pathways.ca](http://www.900Pathways.ca)

Call or email us if you have questions or want to fill out a paper copy: 1-866-371-6667 or 416-535-8501 x 7381 or email [900Pathways@camh.net](mailto:900Pathways@camh.net).

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

*Free and Low-Cost Events for June 16 - 30, 2011*

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

## ART

Gallery Hours: Tues thru Fri from 10 am – 5 pm. Saturdays from 1 – 4 pm. Saturdays in July: closed. Creative Spirit Art Gallery. Creative Spirit Art Centre artists often live with chronic and ongoing health issues. Art is the portal through which we can experience a freedom beyond the barriers of pain and illness. From traditional to Art Brut and Outsider Art. 999 Dovercourt Road 416-588-8801 <http://www.creativespirit.on.ca/> FREE

## BAZAAR

Begins June 25 from 11 am – 5 pm. The 2011 Parkdale Bazaar begins in June and will be held almost monthly, concluding in December with the very popular Holiday Bazaar. Each event will have a special theme. The Bazaars will show off Parkdale's prominent fringe and artist culture and local interest in recycled, repurposed and home grown living. Parkdale Town Square (Queen West and Cowan Ave.) 416-516-8301  
[mack@parkdaleliberty.com](mailto:mack@parkdaleliberty.com) [www.parkdaleliberty.com](http://www.parkdaleliberty.com) FREE

## CELEBRATIONS

June 16 at 6:30 pm. 3rd Annual spring/Summer Levee hosted by Cheri DiNovo. Everyone in Parkdale-HighPark is invited to this celebration. Free entertainment and a delicious dinner. Lithuanian Hall, 1573 Bloor St. West. RSVP is necessary. 416-763-5630 or [dinovoc-co@ndp.on.ca](mailto:dinovoc-co@ndp.on.ca).

Tues 21, 2010 from 10am – 3pm. National Aboriginal Day Celebration. Held at David A. Balfour Park/Rosehill Reservoir. BBQ & Mini Pow wow. Hosted by Dodem Kanonhsa' Elder's Cultural Facility. 416-952-9272 [dodemkanonhsa@inac-ainc.gc.ca](mailto:dodemkanonhsa@inac-ainc.gc.ca) FREE

Tues 21 from 10 am – 9 pm. Aboriginal History Month Celebration. Hosted by the Native Canadian Centre of Toronto. Featuring: - Crystal Shawanda. Elders Teaching Tent, Inuit Throat Singers, Métis Fiddlers, Indigenous Martial Arts Demo, Authentic Aboriginal Arts & Crafts, Special Dance Performances, Hand Drum Singing & Visitor Participation, Storytelling & Art Expression, and more. Yonge Dundas Square.

<http://www.facebook.com/event.php?eid=165768213484952> FREE

June 24 – July 3. Various times and locations. PRIDE Toronto 2011 Visit <http://www.pridetoronto.com/> for full schedule of events, dates and times for marches and parade.

Sat 25 from noon – 6 pm. Rain or shine! Na-Me-Res' Annual Traditional Pow Wow. Grand Entry at noon. Traditional Drummers, Traditional Dancers, VIP's local MP's of Ward 21: Dr. Carolyn Bennett; Dr. Eric Hoskins; Councillor Joe Mihevc, Variety of Native Traditional Crafts on display, Red Pepper Spectacle (children's crafts corner), Foods Sales and Silent Auction, Traditional Feast and Giveaway, silent auction. Well's Hill Park (one block east of Bathurst and St. Clair West Subway Station). This is a public event and all are welcome. 416-651-6750 [general@nameres.org](mailto:general@nameres.org) [www.nameres.org](http://www.nameres.org) FREE

Sun 26 from noon – 4 pm. Spadina's First Annual Garden Party. Inspired by the parties held here during the Jazz Age, Spadina Museum's welcomes the coming of summer with musical performances and games. Spadina Museum: Historic House & Gardens. 285 Spadina Road next door to Casa Loma 416-392-6910 [spadina@toronto.ca](mailto:spadina@toronto.ca) \$5

Mon 27 from noon – 4 pm. Older LGBT Annual Pride Barbeque. Come out and get an early start on Pride celebrations. Be ready for great food and a few surprises. Please note that food will be served until 2 pm. The 519 Church Street Community Centre, 519 Church Street. 416-355-6787 FREE

## FORUMS

TTCriders Founding Public Meeting. Are You Concerned about Transit in Toronto? Then Join the Crowd! Join us for the founding meeting of TTCriders, Toronto's new voice for transit riders, and help us reshape how Toronto does transit. Wednesday June 22nd, 2011 7:00 pm – 9:00 pm North York Civic Centre - Committee Room 3, 5100 Yonge Street (at North York Centre Subway station) Please RSVP at [www.ttcriders.ca](http://www.ttcriders.ca)

## GAMES

Ongoing. Drop-in Snooker and Drop-in Cribbage for Seniors. Free-must pay annual membership fee of \$15. For Seniors. MUST REGISTER Harmony Hall has cribbage, snooker, 2 Gower Street 416-752-0101 [sbulmer@call-a-service.com](mailto:sbulmer@call-a-service.com) [www.call-a-service.com](http://www.call-a-service.com)

Dominos at St. David's. You are invited to play dominos with us every 2nd and 4th Saturday of the month, 6 pm – 9 pm. Bring your own dominos or come and use ours. Beginners and advance players welcome. Bring a friend or come and meet new ones. All welcome St. David's Anglican Church, 1796 Lawrence Avenue West 416-249-1110 416-249-4681 [admin@stdavidschurch.ca](mailto:admin@stdavidschurch.ca) [www.stdavidschurch.ca](http://www.stdavidschurch.ca) FREE

Mon – Thurs until September 2011 (except holidays) from 1 – 3 pm. Computer Skills Club and No Stress Chess Club. TTC Tokens and Light Refreshment to program participants. Any seniors 55 years and older are eligible to sign up for this program. It isn't only for people with learning disabilities. Learning Disabilities Association - Toronto, 121 Willowdale Ave., Suite 203). 416-229-1680 <http://www.ldatd.on.ca/index.php> FREE

June 17 from 7 – 9 pm. Co-ed Recreational volleyballs for adults and teens. Yorkminster Park Baptist Church, 1585 Yonge Street 416-538-4704 [info@yorkminsterpark.com](mailto:info@yorkminsterpark.com) [www.yorkminsterpark.com](http://www.yorkminsterpark.com) FREE

## LEARNING

June 14 at 1 pm Self-Esteem Training. The Toronto Reference Library - The Newcomer Information Centre invites you to a self-esteem training workshop where you'll find out how to recognize your strengths and learn to improve your self-esteem. <http://www.theconstellation.ca/possibilities/events.shtml?x=245950>. 789 Yonge Street. FREE

Thurs 16 from 7 – 9 pm. "Getting Organized". If you've ever tried to get organized and have had little or no success, this workshop is for you. Topics include distinguishing between "being neat" and "being organized," goal-setting, making lists, planning & prioritizing, and time management tools. Facilitator: Angela Boucher. Pre-registration is required. No walk-ins. Scarborough Women's Centre, 2100 Ellesmere Rd., Suite 245. 416-439-7111 [www.scarboroughwomenscentre.ca](http://www.scarboroughwomenscentre.ca) FREE

Fri 17 from 11 am – 1 pm. FREE Computer Lab 50+ Drop-in. High-speed computers and internet access!! No reservations! No membership fee! Call 416-392-0511 x 0 for more info. There will be a volunteer or staff member available to assist you during the 50+ Computer Lab Drop-In. We can help you set up e-mail accounts, perform searches and print documents. Central Eglinton Community Centre, 160 Eglinton Ave. E. 416-392-0511 416-392-0511 Ext: 228 [olderadults@centraleglinton.com](mailto:olderadults@centraleglinton.com) FREE

Newcomers and Income Tax. June 21 at 1 p.m. at the YMCA Scarborough Newcomer Information Centre - Find out all there is to know about income tax and the Canadian tax system. You'll learn about GST credits, tax-filing deadlines, Canada Child Tax Benefits, your rights and responsibilities, and more. 10 Milner Business Crt. <http://www.theconstellation.ca/possibilities/events.shtml?x=245920> FREE

Thurs 23 from 1 – 2:30 pm. Outdoor & Wildlife Photography. Learn basic camera functions and how to take stunning photos. Professional photographer Megan Lorenz will provide instruction on the basics of your camera functions and how to apply them in the field. Learn about: -Aperture settings -Shutter speed -ISO ...and how they work together and what each one does to your image! Megan will also share her reflections on being a wildlife photographer and her conservation efforts to protect species and their natural environments.

Downsview Branch - Toronto Public Library 2793 Keele Street 416-395-5720

doprograms@torontopubliclibrary.ca FREE

Fri 24 from 1 – 3 pm. Public Talk on Stroke. Presented by Toronto Western Hospital. TWH, Auditorium, 2nd floor, West Wing, 399 Bathurst Street (just north of Dundas St. West). Speakers: Dr. Frank Silver, Medical Director, Toronto West Stroke Network, Elizabeth Verkoczy, a patient. Register at 416-603-5800 x 6475

[Tasha-Richel.Archer@uhn.on.ca](mailto:Tasha-Richel.Archer@uhn.on.ca) FREE

Tues 28 from 2 – 4 pm. Healthy Futures: Stress. Community Care East York presents a workshop stress management and illness. S. Walter Stewart Public Library, 170 Memorial Park Ave. FREE

Wed 29 from 2 – 3 pm. A Speaker Series. Dixon Hall Employment Services Centre and Baker Law present: Employment Law at Work. Topics covered include employment standards act, human rights complaints, employee and employer rights, dealing with termination, disability and disclosure. 489 Queen St. East, 3<sup>rd</sup> Floor (Queen & Sumach) 416-956-4949 x 201 [esc.info@dixonhall.org](mailto:esc.info@dixonhall.org) FREE

## MUSIC

Spadina Museum: Historic House & Gardens, 285 Spadina Road next door to Casa Loma 416-392-6910 [spadina@toronto.ca](mailto:spadina@toronto.ca) Sun 19 from 1:30 – 2:30 pm. Music in the Orchard. An outdoor musical performance. VentElation - The octet consists of pairs of Oboes, Clarinets, Bassoons and French horns and their music is chosen from the rich repertoire ranging from the era of Mozart up to the present. FREE

## PEER SUPPORT FOR OLDER PEOPLE

2<sup>nd</sup> & 4<sup>th</sup> Mondays of every month from 1:30 – 3:30 pm. Free, ongoing workshop and discussion group for women 60+. Restore self-confidence and build support. Family Service Toronto Seniors and Caregivers Support Services. Also provide counselling services for older people experiencing family stress, caregiver stress, abuse, chronic illness or bereavement. They are looking for seniors interested in being volunteer members of their Senior Advisory Council. Family Service Toronto, Central office: 355 Church St. 416-595-9618 FREE [www.familyservice.org](http://www.familyservice.org)

## RELAXATION

Wednesdays & Thursdays 12:15 - 12:45pm. Lunchtime Meditation with Kadampa teacher Jean Nicholas. During these half hour sessions we are guided through a simple guided breathing meditation. This type of meditation is perfect for beginners and advanced meditators. By focusing on the breath all our worries, distractions, and obsessive ways of thinking fall away and we experience inner peace. Our mind is refreshed and relaxed and we'll find it easier to deal with day to day stress. Our meditation room at the temple is very quiet and calming. Drop-in and enjoy some peace of mind. Kadampa Meditation Centre Canada, 631 Crawford Street (2 blocks West of Christie) 416-762-8033 [info@kadampa.ca](mailto:info@kadampa.ca) FREE of charge.

Tues 21 from 2 – 3 pm. Laughter Yoga at Maria A. Shchuka Library. Improve your physical and mental well-being. Learn how to use laughter and yoga breathing to feel relaxed and revitalized. Find out why laughing Yoga is becoming a worldwide phenomenon. The program is free. Maria A. Shchuka Public Library Branch, 1745 Eglinton Ave West. 416-394-1000

## WALKS

**Self-guided Walking Tours.** See 26 self-guided walking tours of some of the city's most beautiful and interesting areas. Organizations, individuals and groups of friends can apply to the City of Toronto for a grant up to \$500 to produce your own walking tour. Preference given to tours located in neighbourhoods that don't currently have a self-guided tour, are innovative and fun, and are focused on health and well-being. For more details about the program: [www.toronto.ca/walking](http://www.toronto.ca/walking). <http://www.toronto.ca/transportation/news/2011-05-04/index.htm>

Also if you are interested in starting a walking program in your community agency or workplace call Toronto Health Connection at 416-338-7600. A Public Health Nurse will help you start your walking group by providing you with training, resources and on going support.

Sat 18 from 1 – 3 pm. **Spring Nature Walk: Art Hike.** Find your inspiration in nature. On this hike, we will activate all of our senses as we find perfect places to create art outdoors. No pre-registration necessary. Sponsored by Toronto Field Naturalists. High Park Nature Centre, 430 Parkside Drive 416-392-1748 [naturecentre@highpark.org](mailto:naturecentre@highpark.org) [www.highparknaturecentre.com](http://www.highparknaturecentre.com) \$2

Sun 19 from 2 – 3:30 pm. **ROMwalk Cabbagetown.** Victorian houses, former Trinity College Medical School, Riverdale Park, The Necropolis, Wellesley Cottages. 90 minutes to 2 hours long. Rain or shine. Registration not required. Meet at the corner of Parliament & Spruce St. Look for the blue umbrella. 416-586-8097 [info@rom.on.ca](mailto:info@rom.on.ca) ROMwalk provides guided walking tours through Toronto neighbourhoods of architectural and historical interest to the public. The walks are FREE and take place on most Wed evenings and Sun afternoons from May to September. [www.rom.on.ca/programs/rom\\_travel/pdf/rom\\_walks\\_2011.pdf](http://www.rom.on.ca/programs/rom_travel/pdf/rom_walks_2011.pdf)

Thurs 23. All Day Event. **Heritage Toronto Walks.** Free historic walking tours of the city. Please visit [www.heritagetoronto.org](http://www.heritagetoronto.org) or call 416-338-3886 to see what walks are in your neighbourhood! Walks are FREE and no registration is required. 416-338-3886 [info@heritagetoronto.org](mailto:info@heritagetoronto.org) [www.heritagetoronto.org/](http://www.heritagetoronto.org/)

Tuesdays from 10 – 11:30 am. **Spring & Summer Walking Group.** Do you enjoy walking in the Mimico community and the beautiful lakeshore paths and parks? Meet up with people who take pleasure in this healthy activity by joining our daytime walking group! After the walk, enjoy our Lunch Dining Program for only \$2.00. (Registration required for the Dining Program). 2445 Lakeshore Blvd West, Etobicoke Call the Well Elderly Program Coordinator at 416-259-4207. [storefronthumber@bellnet.ca](mailto:storefronthumber@bellnet.ca) [www.storefronthumber.ca](http://www.storefronthumber.ca)

**Mall Walking in Toronto.** Walk into Health – Get healthier – one step at a time. Here is a list of Malls in the GTA that open their doors early for people to come in and walk. A nice way to get some exercise when it's too hot to go for a walk outside. Some of the Malls have organized walking programs that charge an annual fee but most of them are FREE. I would call first to be on the safe side.

Mon – Fri from 8 am – 10 am. Sat from 8 am – 9:30 am. Sunday from 10 am – 12 noon Bridlewood Mall, 2900 Warden Avenue (NW corner of Warden Ave. & Finch Ave. E.) 416 - 497 – 1550 FREE

Monday – Saturday from 7 am – 9:30 am. Sunday from 9 am – 12 noon Cedarbrae Mall, 3495 Lawrence Avenue East (NE corner of Markham Rd. & Lawrence Ave. E.) 416 - 431 – 3431 FREE

Tuesday – Thursday from 8 am – 9:30 am. Centerpoint Walking Club. Centerpoint Mall, 6464 Yonge Street (SW corner of Yonge St. & Steeles Ave. W.) 416 - 223 – 9560 \$10 one time fee.

Monday – Sunday from 8 am. Chartwell Shopping Centre, 2301 Brimley Road (Brimley Rd., north of Sheppard Ave. E.) FREE

Monday – Sunday from 7 am. Cloverdale Mall. Cloverdale Heartwalkers. 250 The East Mall (NE corner of Hwy. 427 & Dundas St. W.) 416 - 236 - 1669 ext. 223 [www.cloverdalemall.com](http://www.cloverdalemall.com) \$7 initial Membership fee. \$5 annual renewal fee.

Monday – Saturday from Doors from 7 am. East York Town Centre, 45 Overlea Boulevard (SW corner of Overlea Blvd. & Thorncliffe Park Dr.) 416 - 421 – 9504 FREE

Monday – Sunday from 7 am. Fairview Mall, 1800 Sheppard Avenue East (NW corner of Sheppard Ave. & Hwy. 404) 416 - 491 – 0151 FREE

Monday – Saturday. Doors open at 7 am. Sunday doors open at 10 am. Gerrard Square, 1000 Gerrard Street East (NE corner of Gerrard St. E. & Pape Ave.) 416 - 461 – 0964 Free

Monday – Friday from 8 am. Saturday & Sunday Doors open at 9:30 am. Jane Finch Mall, 1911 Finch Avenue West (SE corner of Jane St. & Finch Ave. West) 416 - 635 – 5286 FREE

Monday – Saturday from 7 am. Sunday Doors open at 8 am. Lawrence Square, 700 Lawrence Avenue West (Lawrence Ave. W. & Allen Expressway) 416 - 256 – 0256 FREE

Monday, Wednesday & Friday at 8 am. Malvern Town Centre, 31 Tapscott Road (NW corner of Tapscott Rd. & Neilson Rd.) 416 - 297 – 4786 FREE

Monday – Friday from 7 am – 10 am. Saturday 7:30 am – 9:30 am. Sunday from 10 am – 12 noon. North York Sheridan Mall, 1700 Wilson Avenue (NW corner of Jane St. & Wilson Ave.) 416 - 249 – 7150 Free

Monday – Saturday from 6:00 am. Sunday Doors open at 8 am. Parkway Mall, 85 Ellesmere Road (Ellesmere Rd., east of Victoria Park Ave.) 416 - 445 – 3108

Monday – Sunday from 6 am – 10 am. Scarborough Town Centre, 300 Borough Drive (SW corner of McCowan & Hwy. 401) Walk - A – Mall Contact: Paul Goodwin 416 - 871 – 9313. \$10 a year membership fee.

Monday – Saturday from 6:00 am – 9:00 am. Sherway Gardens, 25 The West Mall. (NW corner of the QEW & Hwy. 427). Heart Walk 416 - 621 – 1071 \$5 a year [www.sherwaygardens.ca](http://www.sherwaygardens.ca).

Monday – Sunday from 7 am – 9 am. Woodbine Centre, 500 Rexdale Boulevard (NW corner of Hwy. 27 & Rexdale Blvd.) 416 - 674 – 5200 FREE

Monday – Sunday from 8 am. Yorkgate Mall, 1 Yorkgate Boulevard (NW corner of Jane St. & Finch Ave. W.) 416 - 739 – 6968 FREE <http://www.toronto.ca/health/walkintohealth/>



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**To subscribe** call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at [csinfo@camh.net](mailto: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](http://www.csinfo.ca)

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