

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

BULLETIN

July 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 csinfo@camh.net <http://www.csinfo.ca/>

**July 12, 2011
FOR IMMEDIATE RELEASE**

INDEPENDENT ADVOCACY FOR THE VULNERABLE MUST BE PROTECTED

The Liberals must take a strong stance on advocacy and rights advice for vulnerable Ontarians

On June 29th, the Ontario Ministry of Health and Long-Term Care (MOHLTC) announced that the Canadian Mental Health Association Ontario (CMHA) will be taking control of the government's Psychiatric Patient Advocate Office (PPAO). Only a small group has been told about this decision; there has been no public announcement and no consultation. In their report, *Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addictions Strategy* the government wrote,

People with lived experiences of mental illness and addictions must have a voice as essential partners in system design, policy development, and program and service provision, and the opportunity to make informed decisions about their personal care and support." (p.9)

This decision is an insult to all who care deeply for the most vulnerable members of society and ignores the need for unbiased support. It contradicts promises and commitments of the current government respecting inclusion and consultation.

This government's decision creates a clear and dangerous conflict of interest and is a serious threat to the independence of rights advocacy.

HOW MANY MORE DEATHS NEED TO OCCUR BEFORE THIS GOVERNMENT CARES?

The Coalition for an Independent Psychiatric Patient Advocate Office demands that this decision be rescinded and that the Minister schedule a meeting with the Coalition and other key stakeholders.

For more information and to set up an interview with the Coalition contact David Gibson (davidgibson@cippao.com)

www.cippao.com <http://www.facebook.com/#!/groups/187816391274030?ap=1>

Are you a Newcomer with a Disability? Have you been in Canada for 5 years or less?

If you answered “yes” to these questions, we would like to invite you to a focus group session on Monday, July 25, from 11:30 am to 2 pm

At the end of the session you will receive a \$20 honorarium and TTC tokens. Lunch will be provided.

If you would like to participate please contact Ayshia at 416-901-5454 or ayshia.musleh@sympatico.ca. You will be asked a few questions to confirm your participation. We look forward to hearing from you!!!

The Welcoming and Inclusive Communities Accessibility Project:

Over the next two years, OCASI and The Ethno Racial People with Disabilities Coalition of Ontario (ERDCO), will develop and deliver training sessions covering the characteristics of different types of disabilities, the particular needs and challenges of newcomers with disabilities, the current legislation and its application and referral services for newcomers with disabilities. At the same time, the project will focus on building bridges between the settlement and disability sectors by facilitating the creation of partnerships among key players in both fields.

National Mental Health Strategy for Workplace to be Released

The federal government is funding the creation of a national mental health strategy for the workplace. The standards are expected to be released by the summer of 2012. Adherence to the standards will be voluntary rather than legislated.

<http://www.theglobeandmail.com/life/health/new-health/health-news/ottawa-to-fund-creation-of-national-mental-health-strategy/article2063602/>

<http://www.theglobeandmail.com/news/politics/ottawa-develops-workplace-mental-health-standards-but-stops-short-of-legislation/article2063602/?from=sec431>

Press Release: <http://www.marketwire.com/press-release/the-government-of-canada-is-taking-action-to-support-mental-health-in-the-workplace-1527843.htm>

Toronto Harm Reduction Task Force Launches 2011 Peer-Driven Community Based Research Project:

511 – “User Friendly” Services in Toronto

Join us to hear about what users told us about what they need, and what they like about services in our city ...

Monday July 25 at 2:30 pm

Queen West Community Health Centre, 168 Bathurst St.

Everyone is welcome. No registration necessary. This is a free event. 647-222-4420 torontoharmreduction@yahoo.ca

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

This website provides tutorials to teach people who are homeless how to use social networking sites like Facebook and Twitter. It was created by Mark Horvath, a man who lived on the streets in Hollywood a decade ago and then again 4 years ago.

Free wireless service at coffee shops, stores and libraries allow people to use laptop and cell phone without paying for an internet connection or cell phone plan. People without laptops or cell phones can access computers at shelters, libraries and various community centres, shelters, and drop-ins. Read a CNN article on how people living on the street are using this social networking technology to find housing and employment:

<http://www.cnn.com/2011/TECH/social.media/06/28/homeless.twitter.help/>

Hands Off Our Stories



Our Stories have the potential to change the world. Sometimes our stories are stolen, appropriated or taken out of context by organizations and institutions acting in their own self interest.

Always remember:

1. Participation is voluntary. You can always say no.
2. Ask yourself, who profits from you telling your story?
3. What purpose does telling your story serve?
4. How do large organizations use your stories to make material change?
5. Sometimes story telling is work. Are you getting paid?
6. The internet lasts forever. Because of the technology available today, your interview or story will likely be accessible to the public for a very long time. (That includes future employers and landlords).

www.recoveringourstories.ca
recoveringourstories@gmail.com

Media Release: Police Leaders Call for “De-Emphasizing” the Role of Police in Mental Health and Addiction Issues

Police Chiefs support health care professionals in the community, a robust mental health and addiction system, and supportive role for law enforcement

For immediate release: June 30, 2011

(Huntsville, ON) – Ontario’s police leaders have passed a resolution which calls for “de-emphasizing” the role of police in mental health/addiction cases, support for health care professionals in the community, and a robust mental health and addiction system as the way to address mental health issues.

The resolution also calls on the Government of Ontario to continue the meaningful progress already achieved on mental health and addictions by moving forward on a 10-Year Mental Health and Addictions Strategy.

“The best response to mental health and addiction cases is not one that emphasizes the role of law enforcement, but one that sees our police officers support the health care professionals in addressing mental health and addiction issues before they become law enforcement issues,” said Chief Matt Torigian, President of the Ontario Association of Chiefs of Police (OACP).

Chief Torigian noted that police leaders are united in their desire to see individuals with mental health and addiction [issues] receive adequate care through social services and supports that would lessen the risk of such individuals coming into contact with the justice system.

While police will always respond to community safety incidents involving mental health and/or addiction issues, Chief

Torigian emphasized that addressing an individual's mental health or addiction issues through the health care system and social services is always preferable to engagement with the justice system.

The resolution was passed by delegates to the OACP's Annual General Meeting on June 29 in Huntsville. It is available on the OACP's website at <http://www.oACP.on.ca/>.

ERDCO Summer Social and Open House

Ethno-Racial People with Disabilities Coalition Invites you to our Summer Social and Open House!

341 Bloor Street West, Second floor, Recreation Room

Saturday July 23, 2011 from 11 am to 4 pm

Lunch will only be served from noon to 2:00 pm Come visit our new office space Great Giveaways!

Learn about our newest project with the Ontario Council of Agencies Serving Immigrants (OCASI)

Children will be invited to perform in a talent show.

Attendant care will be provided and volunteers will be available to provide support. Other accommodations must be requested with your RSVP on or before July 19 at the latest.

RSVP by calling 416-901-5454 or by email no later than July 19, 2011 and preferably sooner because we need about 3 days to confirm arrangements if you require accommodation.

8th Annual Disability Pride Celebration – Simply People: Celebrating Our Lives & Identities

Nathan Phillips Square on July 19 from 5 pm to 8 pm. Everyone is welcome to attend this free outdoor event.

On stage entertainment will include comedic acts by Andre Arruda and Adam Wilkinson, performances by singers Joel Martin & Selyne Maia and Olivia Pileggi, interpretive dance by DramaWay, and performances by the bands Symphony of Nine and Ordain.

Guest speakers: Jeff Noble, founder of www.fasdforever.com and Alexandra Cotric, an Ontario College of Teachers certified teacher living with a Learning Disability

ASL interpretation, attendant care and transcription services will be available on-site.

info@disabilitypride.ca www.disabilitypride.ca

Psychiatric Survivor Archives, Toronto (PSAT) Fifth Annual General Meeting

Sunday July 24, 2011 from 1-5 pm

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.

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 available.

416-661-9975 or 647-764-4781 <http://www.psychiatricsurvivorarchives.com/>

EMPLOYMENT MATTERS

Assistant Cook Extended Training (ACET)

Information Session: Wednesday, July 27, 2011 at 1 pm

St James Campus, 200 King St E, 540E

Application Deadline: October 21, 2011

Construction Craft Worker Extended Training (CCWET)

Information Session: Wednesday, August 10, 2011 at noon

Casa Loma Campus, 146 Kendal Ave. Room E224

Application Deadline is February 17, 2012

Please RSVP at auged@georgebrown.ca or 416-415-5000 x 6790 to attend an information session. Attendance to the information session is NOT mandatory to apply for ACET or CCWET.

Please give us your name, phone number, which info session you'll be attending and the number of people attending.

Contact Augmented Education Programs: 416-415-5000 x 6790 Fax: 416-415-2870 auged@georgebrown.ca

Scarborough Women's Centre is hiring a Project Coordinator

For the "Expanding the Reach: Empowering Women Living with Disabilities" Project

28 hours per week from August 2011 – June 2014

Application Deadline is July 20, 2011 www.scarboroughwomenscentre.ca

Project Coordinator
job posting aug 2011

The Dream Team is Hiring a Coordinator

\$41,340 for 4 day (28) hour week plus generous benefit package after 3 months. Permanent position subject to funding.

The Coordinator plans and administers a community development and educational program in accordance with the Mission Statement and Strategic Plan of the Dream Team. The coordinator is also responsible for securing continued funding for the Dream Team program.

For more information and job description click on icon below or visit: www.houselink.on.ca/careers

Application deadline is July 22, 2011

Dream Team Coord
July 11.doc

St. Christopher House Employment Preparation July 2011 Workshops

Location of Workshops is St. Christopher House, 1033 King St. West, Toronto

www.stchrishouse.org

Call reception to register at 416-848-7980. Only 15 spots available per workshop. Register now.

Customer Service Workshop: Tuesday, July 26 from 1:30 pm to 4:30 pm. Learn about the role of a Customer Service Agent/Cashier in today's employment market. Receive a certificate of participation. Free

Smart Serve Training: Wednesday, July 27 from 9:45 am to 4 pm. Earn a certificate permitting you to serve alcoholic beverages in Ontario. Fee: \$25.00

Food Safety & Handling Workshop: Monday, July 25 from 1:30 pm to 4 pm. Learn about preventing food borne illness with safe food handling practices and proper temperature controls of foods. Receive a certificate of participation. Free

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

Free and Low-Cost Events for July 16 - 31, 2011

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

ART

Tuesdays in July from noon – 5 pm. **Life-Like Drawing.** Life-drawing classes on a roof-top patio by Jack Dylan, illustrator for The Globe and Mail, The Walrus, and Toronto Life. The Drake Hotel, 1150 Queen Street West 416-531-5042 www.thedrakehotel.ca FREE

Until Sept 20 from 11 am – 5 pm. **Summer Group Exhibit.** Featuring Ilya Gefter's work in oil paint and ink and Assi Meshullam's sculptures. Julie M. Gallery, Distillery District, 55 Mill St. 416-603-2626 www.juliemgallery.com FREE

To Dec 31 from 10 am to 5 pm. **Westmount Gallery Celebrates 35 Years.** Promoting the original works of visual artists. View works and meet the artists. 88 Advance Road 416-239-5427 www.westmountgallery.com FREE

DANCE

Wed 20 – Sat 23 at 7 pm. **Dusk Dances.** Contemporary and traditional dance festival held in public parks. See five eclectic 10-minute dance pieces inspired by the natural landscape. Neilson Park, 1315 Neilson Road 416-504-6429 x 41 www.duskdances.ca Pay What You Can

Sat 23 from 2 pm - 2:45 pm. **Caribbean Carnival: Soca and Dance Workshop.** Celebrate Caribana with Calypso and Soca dance lessons. Toronto Public Library, Dufferin / St. Clair Branch, 1625 Dufferin Street Register at 416-393-7712. www.torontopubliclibrary.ca FREE

FILM

Tuesdays until Aug 9 at 9 pm. **Longo's Free Flicks.** Watch popular films outdoors by the waterfront. Harbourfront Centre, 235 Queens Quay West 416-973-4000 www.harbourfrontcentre.com FREE

Wednesdays until Aug 31 at 8:30 pm in July & 9 pm in August. **Tiff in the Park: Classic Musicals.** Outdoor screenings of favourite musicals such as The Sound of Music, Mary Poppins and The Wizard of Oz. David Pecaut Square, 55 John Street (at King) 416-599-8433 <http://tiff.net> FREE

Wed 27 at 4 pm. **Free Favourites at Four: Examined Life.** This 2008 film reveals philosophy's power to transform the way we see the world around us. 150 John St. 416-973-3012 www.onf-nfb.gc.ca/eng/mediatheque FREE

FOOD & FESTIVAL

Thursdays until Aug 25 from 1 – 5 pm. **East Scarborough Community Festival Market.** St. Margaret's Parkette, 4130 Lawrence Avenue East 416-562-5557 <http://wx.toronto.ca/festevents.nsf> FREE

Thursdays until Oct 21 from 8 am to 2:30 pm. **Indulge: Sights, Sounds and Flavours.** Performances and farmers' market. David Pecaut Square, 55 John Street (at King). 3-1-1 www.toronto.ca/indulge/davidpecautsquare.htm FREE

Sat 16 & Sun 17 from 11 am – 7 pm. **Taste of Thailand Festival.** Thai food, fruit carving demos, dancing, fashion shows, Mouy Thai, Thai parade, Thai massage, handicrafts, and tourist info. 416-729-7931 www.tasteofthailand.ca FREE

Sat 16 & Sun 17. **Festival of India.** Annual Hari Krishna Festival. Free vegetarian feast, music, dance, drama, yoga, and children's area. A Ratha-Yatra parade down Yonge Street on Sat at 11 am from Bloor to the lake. Sunday's events are held at Centre Island. 1-888-535-3378 www.festivalofindia.ca FREE

Sat 23 & Sun 24 from 1 – 9 pm. **The BIG on Bloor Festival.** Family-friendly day with vendors, arts, crafts, fun activities and live performances. Bloor Street between Dufferin Street and Lansdowne Avenue. 416-645-0295 www.bigonbloor.com/festival FREE

Sat 30 from 10 am - 6 pm **Caribana Parade**. Masqueraders and steel pan bands along the waterfront. Starts at Exhibition Place and runs west along Lakeshore Boulevard FREE

Sun 31 & Mon Aug 1 from 10 – 5 pm. **Tropical Rhythm Food Festival**. Centre Island. 416-391-5608
www.caribana.com FREE

Mondays and Wednesdays from 9:30 am – 12:30 pm. FoodShare Toronto, in partnership with CAMH, is now gardening at the **CAMH Sunshine Garden**. Outpatients of CAMH can volunteer to garden and will take home some of the produce they grow. 1001 Queen Street West Liz Kirk, Garden Coordinator at 416-460-0308 or email liz@foodshare.net FREE

LEARNING

Read Part II of Marcia Angell's "**The Illusions of Psychiatry**" NY Times book review which argues that the DSM is not scientific. Thanks to Mel Starkman and Brian McKinnon for passing this along.

http://www.nybooks.com/articles/archives/2011/jul/14/illusions-of-psychiatry/?utm_medium=email&utm_campaign=July+14+2011+issue&utm_content=July+14+2011+issue+CID_30e963840ef16c93f2ce73f81f161eff&utm_source=Email+marketing+software&utm_term=The+Illusions+of+Psychiatry

Sat 16 from 2 - 4 pm. **Bedbugs Information Session**. Learn all you need to know about bedbugs: identification, health effects, pest management, treatment, prevention and available resources. Presented by a Toronto Public Health inspector. Lillian H. Smith Library, 239 College Street 647-404-8857 www.torontopubliclibrary.ca FREE

Wed 20 & Aug 17 from 6:30 - 8:00 pm. **Home Ownership for Low Income Families**. Staff from Habitat for Humanity Toronto discuss the criteria and application process to obtain housing through their organization. York Woods Branch, Toronto Public Library, 1785 Finch Avenue West. To register: families@torontohabitat.on.ca or 416-755-7353 x 239 www.torontopubliclibrary.ca FREE

Sat 23 from 11 am to 5 pm. **1st Annual Junction Farm Fest** (where city meets farm). A children's educational event that focuses on local, sustainable agricultural production. An opportunity to meet local Ontario farmers and their animals.

Note: Volunteers needed on day of event – no special skills required. Two locations:

- Toronto Police Service, 11 Division, 209 Mavety
- Junction Train Platform at 2954 Dundas Street West lwgements@gmail.com FREE

Fri 29 from 1 – 3 pm. **Monthly Health Talk. Self-care and Care for Others Series: Driving for Seniors**. Toronto Western Hospital, University Health Network, Auditorium, 2WW-401, 399 Bathurst St. 416-603-5800 x 2661 miulin.wong@uhn.on.ca FREE

MUSEUMS

Special Admission Days at the Bata Shoe Museum. Create your own shoe! Three kiosks in the "All About Shoes" gallery give visitors the chance to design their own custom digital shoe. Visitors can email their one-of-a-kind shoe as a digital postcard and will be directed to shoes in the Museum that are similar to their own creation.

- Mon 25 (Seniors Day). Reduced admission price of \$4 for any visitor over the age of 65.
- Every Thursday between 5 and 8 pm is Pay What You Can.
- They have a special deal that gives you 2 for 1 admission to 4 of Toronto's unique specialty museums.
- They are currently offering 2-for-1 admission at Spadina Museum.

MUSIC

Until July 24, 2011. Various times and venues. **23rd Annual Beaches International Jazz Festival**. Not just jazz but blues, funk, Caribbean, and other sounds. 416-698-2152 <http://www.beachesjazz.com/> FREE

- ✓ Sat 16 and Sun 17 from 6 – 10 pm. **Woodbine Park** (Lakeshore Blvd and Coxwell Avenue) Mainstage, New Generation Stage, & Youth Stage
- ✓ Tues 19 – 21 from 7 – 9 pm. **Free workshops** including:
 - Vocal jazz boot camp, concert photography, ukulele, Latin percussion, saxophone. Registration required. Mennonite New Life Center, 1774 Queen St. East at Queen and Lark Streets, just west of Woodbine

- **Latin Dance and Swing Dance** at Corpus Christi Church (Hall), 1810 Queen Street E., at Lockwood Road, west of Woodbine Ave.
- ✓ Sat 23 and Sun 24 from 11 am – 6 pm. **KEW Gardens Mainstage** (Queen St. East at Lee Ave)
- ✓ Fri 22, Sat 23 and Sun 24 afternoons. “**LATIN SQUARE**” Concerts. Includes demos, dance lessons, and workshops. Located at the foot of Lee Avenue next to the Boardwalk, beside the famous Leuty Lifeguard Station.
- ✓ Fri 22 – Sun 24 afternoons. **Big Band on the Boardwalk**. Located on the Boardwalk at the foot of Lee Avenue, near the Leuty Lifeguard Station
- ✓ Thurs 21 – Sat 23 from 7 – 11 pm. **Beaches Streetfest**. Queen Street East, between Woodbine Ave and Beech Ave.
- ✓ **Jazz in Motion – Second Annual Juried Photography Exhibition**. Images that define the essence of jazz music, musicians and audiences from jam sessions, festivals, and concerts both locally and across the globe (fingers crossed). Visit website for details.

Mondays until Sept 26 at 12:15 pm. **Music Mondays**. Concerts of mostly classical and operatic music. Church of the Holy Trinity, 10 Trinity Square 416-598-4521 x 222 www.holytrinitytoronto.org By donation

Sundays from 2 – 4 pm. **Sunday Serenades**. Scarborough Civic Centre, Rotunda, 150 Borough Drive (McCowan & Ellesmere) No reserved seating 416-396-7766 www.toronto.ca/indulge/albertcampbellsquare.htm FREE

- Sun 17 Bohemian Swing Band
- Sun 24 Dcat Chorus

TORONTO PARKS, FORESTRY AND RECREATION

The City of Toronto offers a wide variety of fitness and recreational activities for residents. Activities include things like swimming, dance, bingo, snooker, drawing, Sit, fit & stretch, Yoga, Tai Chi, cards, fitness, painting, sports, Bollywood, and more. Answerline: 416-338-4286 www.toronto.ca/parks

There is FREE leisure swim at all outdoor pool locations. Call 3-1-1 for a location near you or visit www.toronto.ca/swim.

For information and registration for Barrier Free Access to Swim call Adapted & Integrated Services at 416-690-8804 x 303.

Priority Centres

Some community centres and community recreational centres are designated by the city as Priority Centres. These locations offer free fitness and recreational programs to children, youth, seniors and adults.

It used to be that programs in designated Priority Centres were FREE to everyone. As part of the 2011 Budget, Toronto City Council approved the introduction of user fees for **adult registered programs** at Priority Centres. The introduction of these fees will commence in Fall 2011.

- ✓ All **adult drop-in programs** at the Priority Centres will remain FREE.
- ✓ All children, youth and older adult programs at Priority Centres will remain FREE.

Here is a listing of Priority Centres in the city of Toronto:

East York/Toronto:

Jimmie Simpson RC/Park 870 Queen St E 416-392-0751

John Innes CRC 150 Sherbourne St 416-392-6779

Masaryk-Cowan CRC 220 Cowan Ave 416-392-6928

Regent Park North RC 415 Gerrard St E 416-392-0753

Regent Park South CC 203 Sackville Green 416-392-5490

Scadding Court CC 707 Dundas St W 416-392-0335

Secord CC 91 Barrington Ave 416-396-2857

Wellesley CC 495 Sherbourne St 416-392-0227

North York District:

Driftwood CC 4401 Jane St 416-395-7944
Lawrence Heights CC 5 Replin Rd 416-395-6118
O'Connor CC 1386 Victoria Park Ave 416-395-7957
Oakdale CC 350 Grandravine Dr 416-395-0488

Scarborough District:

Oakridge CRC 63 Pharmacy Ave 416-338-1966

Etobicoke/York District:

Chalkfarm CC 180 Chalkfarm Dr 416-395-7802
Elmbank CC 10 Rampart Rd 416-394-8671
Falstaff CC 50 Falstaff Ave 416-395-7924
North Kipling CC 2 Rountree Rd 416-394-8679

Note: The following Priority Centre locations have weight rooms: Wellesley, Regent Park South, Masaryk Cown, John Innes, Falstaff, Chalkfarm. These are currently Free to use but this will change in the Fall.

<http://www.toronto.ca/parks/fitness/weightroom.htm>

Welcome Policy

Toronto residents who are unable to pay the fee for **registered programs** may apply for the Welcome Policy. The Welcome Policy is a fee subsidy program that provides access to City-operated recreation programs to families living below the Low Income Cut Off. As a Welcome Policy member, you and your family can enjoy the benefits of a wide variety of recreation programs and services free of cost, including swimming, skating, fitness classes, aquafit, yoga, dance, and more. Each family member is entitled to one or more program selection per season (fall, winter, spring, summer). Membership in the Welcome Policy is valid for one year, renewable for September 1 of each year.

The Welcome Policy applies to all Parks & Recreations programs and not just to the Priority Centres. For details on how to apply for the Welcome Policy call the City of Toronto at 3-1-1 or Parks, Forestry and Recreation Info at 416-338-4286 or visit http://www.toronto.ca/parks/torontofun/welcome_policy.htm.

Note: If you are receiving **ODSP** you automatically qualify for the Welcome Policy. Call 3-1-1 and they will expedite the application/registration process for you.

If you are receiving **OW** you need to contact your OW caseworker who will arrange an expedited application process for you.

Low Income Cut-Off:

1 Person \$22,229
2 Persons \$27,674
3 Persons \$34,022
4 Persons \$41,307
5 Persons \$46,850
6 Persons \$52,838

The FUN Guide

The City of Toronto Parks & Recreation FUN Guide lists a wide variety of fitness and recreational programs and activities available at community centres, recreation facilities, community rec centres, civic centres, skating areas/arenas, indoor and outdoor swimming pools, community schools, and colleges. The FUN guide includes programs that cost money as well as programs that are FREE. There are literally hundreds of locations so you are sure to find one near you and you might be surprised to find out how much is going on in your neighbourhood. Visit www.toronto.ca/torontofun or dial the city at 3-1-1 to talk to a person about recreation programs and registration information.

Copies of the FUN Guide are usually available at Library and community centres. Access the FUN Guide online for programs in your district:

South - <http://www.toronto.ca/parks/torontofun-torontoeastyork-district.htm>

North - <http://www.toronto.ca/parks/torontofun-north-district.htm>

East - <http://www.toronto.ca/parks/torontofun-scarborough-district.htm>

West - <http://www.toronto.ca/parks/torontofun-etobicokeyork-district.htm>

For information about the **Adapted Programs and Integrated Services** available for these programs: 416-396-7760
TTY: 416-396-4116

Note: Now is the time to register for the Welcome Policy if you are planning to enjoy registered programs in the Fall.

VANDUZER ART STUDIO

The Studio is open 10 am to 8 pm everyday! Scheduled events in July include Sketching with Dan, JamSpace Music Group, Express Yourself Writing Group with Katharine, Art Drop-in with Rick, Tai Chi with Ed, Open Art Forum with Tamara, Hot Rhythms Music Group with Mary. Coming next month: Silk Screening! Eden Community Homes, Van Duzer Art Studio, 196 Beverley St. 647-280-4931

WALKS

Heritage Toronto Walks for July. Learn the stories behind the people, landscapes and historic buildings that make up our city during these walking tours. 416-338-0684 www.heritagetoronto.org FREE

- Sat 23 at 10 am. The Wonders of Warden Woods
- Sat 23 at 1:30 pm. Cabbagetown's Medical Heritage
- Sun 24 at 2 pm. Baby Point: 10,000 Years of History

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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