

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

BULLETIN

November 1-15, 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/

Psychiatric Survivor Archives of Toronto (PSAT) Wins Heritage Toronto's 2011 Community Heritage Award

PSAT received this award for preserving and memorializing the 19th-century patient-built Toronto Asylum boundary walls. The text of the citation read aloud by Mary Ito at the award ceremony on October 4, 2011:



Founded in 2001, the Psychiatric Survivor Archives of Toronto collects and preserves archival material—ranging from written documents to videos—created by persons who have had, or are having, a firsthand experience in the psychiatric system. In the early 2000s, the Archives, in collaboration with the CAMH Archives, began an advocacy campaign to preserve the brick boundary walls, built by psychiatric patients in the 1860s and 1880s, at the Centre for Addiction of Mental Health on Queen Street. In 2010, after a fundraising campaign, the Archives unveiled nine heritage plaques and an audio tour that tell the story of the walls and of other unpaid labour undertaken by psychiatric patients at the Queen Street hospital beyond its boundaries.



The jury felt this group accomplished a lot with very little, using creative ways to fundraise and make their cause known. The jury also commended the work of the Psychiatric Survivor Archives in recognizing the significant contributions that a marginalized community has made to the City's fabric, shedding light on a little-known dimension of Toronto's history.

Read about it in the latest issue of the PSAT newsletter "Voices" (Volume 2, Issue 3, October 2011).

Photos courtesy of Kevin Jackson

Keep watching for the PSAT web site to see the latest version on-line in the weeks ahead. Previous issues can be found at <http://www.psychiatricsurvivorarchives.com/voices.html> Visit <http://www.heritagetoronto.org/> for more on the Heritage Toronto awards.

CONGRATULATIONS TO EVERYONE AT PSAT!!!

Community Wellness Gathering

Thursday November 17 from 11 am–3 pm

246 Sackville St. (Dundas St. East, east of Parliament St.)

Check you blood sugar, blood pressure, and feet. Flu Shots. Health and social service information. Health Activities. Healthy Feast. Giveaways.

Sponsored by Toronto Council Fire in partnership with Toronto Community Housing-Regent Park. A free event. Contact Ruth Cyr at 416-360-4350 x 234.

Educational Evening for Women Only

Love, Sex & Relationship Addiction

Tuesday, November 1 from 7–9 pm.

Best Western Roehampton Hotel & Suites, 808 Mount Pleasant Road (N/W Corner of Eglinton & Mt. Pleasant)

Presented by Bellwood Health Services. This evening will explore these issues and offer some understanding and direction for recovery and wellness.

• Open to the Public • No Admission Fee • Parking Available • TTC Accessible

Visit www.bellwood.ca for more details. Call 416-495-0926 to register

Hong Fook Mental Health Association 30th Anniversary Theme Contest

You are invited to enter our 30th Anniversary Theme Contest. Every five years, Hong Fook uses a theme for promotion. For the 20th anniversary, it was Mental Health for All. For the 25th anniversary, it was Embracing Beautiful Minds. Our 30th anniversary is coming up. What is your theme for us? Anyone may enter the contest, except the judges and their immediate family members. Entries will be judged anonymously.

For enquiries, please kindly contact Daphne Au Young at 416-493-4242 x2272 or Nancy Zhang at nzhang@hongfook.ca. Thank you in advance for your participation.

1st prize: \$200 Shoppers Drug Mart gift card **2nd prize:** \$100 Chapters gift card **3rd prize:** \$50 Starbucks gift card

Deadline for submission: Monday, November 07, 2011

The 19th Rendezvous with Madness Film Festival

Features over 25 programs of feature and short films, artist talks, industry events, installations and performance evolving to explore issues of mental illness and addiction across all artistic media as issues of mental health move into the mainstream.

Various locations from November 4–November 12, 2011

Visit <http://www.rendezvouswithmadness.com/> for details.

Regular Program Tickets are \$10 or pay-what-you-can at the door (suggested minimum \$2). A limited number of complementary tickets to the closing night gala on November 12 are available to members of the International Schizophrenia Foundation (416-733-2117) Artist Talks and Industry Events are free.



Touched by Fire Art Exhibition and Sale

Coopers Fine Arts Gallery, 111 Bathurst Street (Bathurst and Adelaide St. West)
December 8 from 9–5 pm

The Touched by Fire Art Exhibition and Sale features works of art by artists living with depression, anxiety or bipolar disorder.

Meet and mingle with the artists, enjoy tasty hors d'oeuvres and take home a free commemorative program featuring works from the Touched by Fire artists.

Now in its fifth year, this very popular event fills up quickly so be sure to RSVP today! Entrance is \$10.00. We will waive the fee for people living with a low income. Please let us know when you call to RSVP. RSVP by calling 416-486-8046 x 222 or 1-888-486-8236.

<http://www.mooddisorders.ca/event/touched-by-fire-art-exhibition-and-sale>

The Mental Health Program & Participants' Council presents 6th Annual Art & Craft Show

Celebrating the resilience, passion & creative spirit of people living with mental illness &/or addiction

Tuesday November 22 from 10 am–2 pm.

North York General Hospital, 4001 Leslie St. in the Academic Centre (main floor)

Paintings/Photography/Jewelry/Crafts & More! Pick up a one-of-a-kind item for yourself or someone you care about and support the recovery of patients & clients at North York General Hospital.

Call for Artists

Are you an inspiring or experienced artist, crafter, photographer, jewellery maker? Are you living with mental illness &/or addiction? Have you accessed the Mental Health &/or Addiction programs at North York General Hospital?

All art forms are welcome. Registration is required. Artists can choose to show only or show and sell their works. Contact Theresa Claxton-Wali at 416-633-9420 x 1-6967 theresa.claxton@nygh.on.ca or Stuart Goldman at 416-632-8707 stuart.goldman@nygh.on.ca.

Ontario Human Rights for Employment and Housing

November 3 at CAMH, 250 College Street, Room G58

- 1–2:30 pm: Rights and Employment (including disclosure, accommodations and dismissal)
- 3–4:30 pm: Rights and Housing (tenant and landlord relationship and responsibilities)

Presenter: Ms Anya Kater, Senior Policy Analyst with the Policy, Education, Monitoring and Outreach Branch at the Ontario Human Rights Commission

These workshops will provide information about human rights principles and how they apply to the workplace and housing provision. Participants will learn about their rights and responsibilities under the Human Rights Code, and will have a chance to discuss how these relate to mental health and addictions. Issues of discrimination, harassment, and the duty to accommodate will be covered. Everyone welcome!

The Empowerment Council & Parkdale Community Legal Services presents: Workers' Rights

Monday November 7 from 2:00- 3:00 pm

Empowerment Council Office, Room 160, 1001 Queen Street West

An information session for CLIENTS of Mental Health and Addiction Services. Come and learn more about how to work while on ODSP (Ontario Disability Support Program) and Ontario Works. Understand the Employment Standards Act and your rights as a worker

Call Lucy Costa 416-535-8501 x 3013 if you have any questions that you would like addressed in the session.

PREFER (Peer Recovery Education for Employment & Resilience) Information Sessions

Come to an information session to learn about the Peer Recovery Education for Employment & Resilience (PREFER) project! PREFER is an innovative community of learning and mutual support and we are hoping to welcome new members into our education and training program in the coming spring.

Applications are now being accepted from people interested in participating in our education and training program and preparing to provide recovery-supporting peer support in employment, community, or volunteer roles. Bursaries are limited to 60 and allow for all training to be provided at no expense to the participant.

Although we are not offering jobs, this program will offer the skills-training and knowledge that helps get jobs in a new and emerging field of service delivery, as well as transform the current helping system based on lived experience and the knowledge of service users.

At the information sessions, you can learn more about the program, how to apply, and how to make your application stand out. Please RSVP by leaving your name and contact information at 905-780-0491 x 125 or 1-888-0780-0724 or e.carvalho@krasmancentre.com.

Monday November 21 from 5:30 pm-7 pm

The Krasman Centre, 10121 Yonge St., Richmond Hill, Ontario (just north of Major Mackenzie Drive).

Tuesday November 29 from 5 pm-6:30 pm

North York General Hospital–Branson Site, Maple Room 555 Finch Ave. West, Toronto (west of Bathurst St.)

NYGH Pathways to Recovery Group

Peer to Peer Recovery Education is provided and facilitated by the NYGH Participants' Council Pathways to Recovery uses a strengths approach, a model of self-assessment, self-discovery and planning to move forward in life. It is an extensive self-help book that helps you to identify your personal strengths and dreams, and refocus on reclaiming positive sources of identity.

Starting November 4 from 10 am–noon. 13 week commitment required.

NYGH Branson site, 555 Finch Ave. West, Trillium Room

No cost to participants. Workbook provided. Registration required. Theresa at 416-633-9420 x 1-6967 or Theresa.claxton@nygh.on.ca

Wellness Recovery Action Plan

Peer to Peer Recovery Education is provided and facilitated by the NYGH Participants' Council. WRAP is about living in new and different ways that promote growth, recovery and wellness. It's an opportunity for participants to focus on hope, personal responsibility, education, self-advocacy, and building support. In a group setting, you will develop a list of wellness tools that can be used to plan how you will keep yourself feeling well in your day-to-day life and employment, volunteer or educational pursuits.

Group starts November 29 on Tuesday afternoons from 1:30–4 pm.

FREE—all program materials will be provided. Registration is required. 10 Week Commitment required. Class size is limited. Please register early. Contact Theresa at 416-633-9420 x 1-697.

The Leadership Project and the International Network Toward Alternatives for Recovery presents:

Recovery PSYCHoSIUM 2011

Wednesday, November 2, 2011 from 1–5 pm

Hart House, University of Toronto, 7 Hart House Circle, Music Room (walk south from St. George or Museum Subway Station or north from Queens Park Subway Station)

- ✓ Madness Radio 'Live' with Will Hall and guests
- ✓ Moving 'Recovery' forward—a reality view
- ✓ What can we learn from each other and how do we act locally and globally?

This is a free pre-conference event for Consumers and Survivors.

Light refreshments are provided.

Will's guests will include Paddy McGown from Ireland, Celine Cyr from Quebec, Meaghan Buisson from Manitoba, and others. The guests will talk about their own experiences, their current involvement with the consumer/survivor community and their perspective to address local and global systemic barriers to encourage hope for mental health consumers and survivors.

For more information:

Ely Litvak elly@familymentalhealthrecovery.org 416-535-8501 x 7856

Heinz Klein Heinz_klein@hotmail.com

Brian McKinnon bmckinnon@primus.ca 416-285-7996 x 227

We would like to acknowledge and thank the Canadian Mental Health Association—Toronto Branch for their financial assistance.

Online Radio Interview with Rufus May, Sandra Escher and Dirk Coustens

Listen to an Australian radio (ABC) interview regarding hearing voices, understanding psychosis and exploring alternative treatments with Rufus May (UK), Sandra Escher (Netherlands) and Dirk Coustens (Netherlands). It should give you an idea of what is in store for the audience attending the November 3 & 4 INTAR conference **"Challenging Our Understanding of Psychosis and Exploring Alternatives for Recovery"**

http://mpegmedia.abc.net.au/rn/podcast/2008/11/aim_20081108.mp3

For info about the INTAR Conference visit <http://understandingpsychosisexploringalternatives.wordpress.com/>.

www.inpsychiatry.com

This Website for Psychiatry Professionals provides a comprehensive psychiatric drug database that is easy to navigate. To access it you need to register but registry is free and does not require any kind of professional mental health credentials. Learn more about psychiatric medications.

Free Computer Help Available

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, and networking. Coaching in MS Office, PhotoShop, etc. Virus and spy ware scans and clean-ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

Newsbytes

Health Canada Alert. Health Canada is reviewing the heart-related safety of the prescription antidepressant citalopram. New study data suggests that high doses (60 mg/day) can affect the electrical activity of the heart. For more information visit: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2011/2011_134-eng.php

AHRP on Psychotropic Drugs. According to The Alliance for Human Research Protection, three new studies, including a groundbreaking pharmaco-genetic study, confirm that widely prescribed psychotropic drugs carrying serious risks of harm do not offer therapeutic benefit. <http://www.ahrp.org/cms/content/view/831/9/>

Most relaxing song ever. A song created by English band Marconi Union in consultation with the British Academy of Sound Therapy has been scientifically declared the world's most relaxing song. They say "that its sustaining rhythm, the harmonic intervals, the absence of a repeated melody and the use of 'whooshing sounds and hums' all combine to make the perfect aural narcoleptic. "Weightless" is so relaxing drivers are warned not to listen to it in their cars. <http://www.theglobeandmail.com/life/facts-and-arguments/social-studies/need-sleep-british-band-creates-the-most-relaxing-song-ever/article2205252/>

UN urges ban on solitary confinement. United Nations Special Rapporteur on torture Juan E. Mendez has called on all countries to ban solitary confinement. He urges that it should be absolutely prohibited in the case of juveniles and people with mental disabilities and used only under very exceptional circumstances and for as short a time as possible on prisoners. "Considering the severe mental pain or suffering solitary confinement may cause, it can amount to torture or cruel, inhuman or degrading treatment or punishment when used as a punishment, during pre-trial detention, indefinitely or for a prolonged period, for persons with mental disabilities or juveniles," says Mendez. <http://www.un.org/apps/news/story.asp?NewsID=40097>

Employment Matters

Fresh Start is currently seeking Consumer/ Survivors (individuals dealing with mental health issues) for Snow Removal Services.

Applicants must be available 7 days a week including holidays for On Call work and be easily reached by phone. Depending on the weather it can be strenuous work, therefore, we are looking for survivors who are capable of working long hours if necessary and who have the physical ability for heavy lifting and bending. Must have a valid SIN card.

If interested, please contact Karen Schwartz at 416-504-4262, x 227 or at karen@freshstartclean.com.

Position Available at the Raging Spoon

Do you have any experience in a (busy) kitchen as a cook and would like to work in a very supportive and professional culinary atmosphere? Are you a consumer/psychiatric survivor?

If yes, then the Raging Spoon catering might be the place for you to work. We offer frequent training and support, we are all survivors here and thrive on providing quality food made from scratch and delivered fresh.

If interested, please call 416-504-6128 or you can visit our website for details: www.ragingspoon.ca. Ask for Michael.

Two Peer Educators Needed

In partnership with Parkdale Community Health Centre and COTA Health, Habitat Services is facilitating a Peer Leadership Community Project for the prevention of Type 2 Diabetes. The project will require 2 Peer Educators to facilitate tenant education sessions in the homes and collect basic statistics.

The successful candidates will receive 2.5 days of training with Toronto Public Health and ongoing support. Training will occur late November to early December 2011. Education sessions will occur between mid January and the end of February 2012.

We are looking for Peer Educators with personal lived experience in the mental health system. Personal experience with diabetes is also an asset. Educators will be provided TTC and an honorarium of \$50 per session or meeting. The project time commitment is estimated at approximately 10 educations sessions plus steering committee meetings and training. This is a 6 month project that will be completed by March 31st 2012.

Please send your cover letter and resumé to habitservicesprojects@gmail.com or fax to 416-537-2894 (Attn: Chris Persaud). For more information contact Chris at 416-537-2721 x 232.

Investing in Neighbourhood Employment Opportunities

- Drop In Assistant : \$12.00/hour, 30 hours per week
- Communications Officer (bilingual): \$14.98/hour, 26 hours per week
- Math/Computer Instructor: \$16.00/hour, 24 hours per week
- Outreach Coordinator: \$12.95/hour, 30 hours per week
- Communication Outreach and Education Worker : \$12.75/hour, 30 hours per week

You must apply online: <http://www.toronto.ca/socialservices>. You will need an access code. Please contact Regent Park Employment Services to get the code or come to 530 Dundas Street East. Call Sumi Mehra or Crystal Murphy if you have any questions: 416-392-3456.

New Beginnings Support Program

New Beginnings empowers women to become confident, self-sufficient, career-oriented and employable. The main objective of this course is to develop the self esteem and life skills of women who are unemployed and marginalized. New Beginnings is organizing a free intensive training on Life Skills and Career Development for women. The next orientation will be held on November 14 from 10–noon at 120 Carlton Street, Suite 309.

Eligibility: Women, age 18+ ready to make changes to move forward and improve life situation.

Status: Ontario Works, ODSP, Newcomers, or Unemployed who are able to attend day time courses.

Must register by 3 days before orientation session at 416-260-8465 or info@newbeginningsprogram.ca.
www.newbeginningsprogram.ca

The Toronto Career Fair

November 3 from 11 am–5 pm in Rogers Centre Windows Restaurant, 1 Blue Jays Way (Spadina Ave & Front St.) Employers Hiring: RBC, Pizza Pizza, Irving Tissue, Town Shoes, and more. www.torontojobs.ca/careerfair

Newcomer Women Services Employment Recruitment Event

Wednesday, November 2 from 10 am–3 pm

Auditorium of S. Walter Stewart Toronto Public Library, 170 Memorial Park Ave. Bring your resumes, meet potential employers. Customer Service Reps, finance clerks, IT specialists, and more. 416-751-8886

www.newcomerwomen.org Free admission

Mental Health Commission of Canada: Aspiring Workforce Project

The Aspiring Workforce project examines practices that help people living with mental illness secure and sustain meaningful employment and sustainable income in Canada. The Centre for Addiction and Mental Health undertook the project beginning in 2009, in collaboration with researchers from the University of Toronto and Queen's University. "Aspiring Workforce" describes people who, due to mental illness have been unable to enter the workforce, or who are in and out of the workforce due to episodic illness, or who wish to return to work after a lengthy period of illness.

A short questionnaire has been developed for people living with mental illness or who have used mental health services to share their input on entering and/or returning to work, as well as their experiences with disability income support programs.

Please click here to take the survey online: [Workplace Know How Survey](#). To have a copy of the survey mailed to you, contact Reena Sirohi at 416-535-8501 x 3157.

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

Free and Low-Cost Events for November 1–15, 2011

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

FESTIVAL

Starts Sat 5. **The Road to Asia Festival**. Festival of Asian culture: traditional food, arts & crafts, music, dance, & martial arts. Japanese Canadian Cultural Centre, 6 Garamond Court 416-441-2345 \$5 for adults; \$3 for seniors.

Sat 5. **Day of the Dead. A Mexican Celebration**. Remember and celebrate your ancestors. Harbourfront Centre, 235 Queens Quay W. 416-973-4000 FREE

FILM

Wed 2–Sat 5. **Regent Park Film Festival** A community festival with a focus on films from Africa, South Asia, East Asia and the Caribbean. Lord Dufferin Public School, 350 Parliament St. 416-599-7733 manager@regentparkfilmfestival.com Complimentary child care available. FREE

Tues 15–Sat 19. Various times and locations. **aluCine**. Toronto Latin Film and Media Arts Festival. Tickets sold one hour before show. English subtitles. www.alucinefestival.com Regular \$6 , Students/Seniors \$4

See details about the upcoming **Rendezvous with Madness Film Festival** on page 2.

LEARNING

<http://www.edu.gov.on.ca/eng/safeschools/bullying.htm> Visit the Ministry of Education's 2011 web page about how schools are dealing with bullying and what parents can expect if their child is bullied. For more info: Ontario Ministry of Education at 416-325-2929 or 1-800-387-5514 info@edu.gov.on.ca

Tues 15 from 6–8 pm. **growTO Speaker Series: Why should we grow? Making the Case for Urban Agriculture.** Nevin Cohen (The New School, New York), Harry Rhodes (Growing Home, Chicago), Aimee Carson (Evergreen, Toronto), and The Stop's Rhonda Teitel-Payne discuss urban farming in Toronto. Ryerson University Architecture Building, 325 Church Street 416-652-7867 general@thestop.org FREE

Décor Detectives. The Super Sleuthing behind Spadina Museum's 1930s Kitchen. From the furniture to the food in the icebox -- everything had to be authentically recreated to restore the kitchen to its 1930s appearance. Museum Curator, Karen Edwards dishes the kitchen dirt.

- ✓ Tues 15 at 2 pm. Wychwood Library, 1431 Bathurst Street FREE
- ✓ Thurs 17 at 2 pm. Guildwood Library, 123 Guildwood Parkway FREE.

Tools for Change Training. Develop skills to champion social, economic, and environmental justice. 101 University of Toronto, St George Campus (Room location is given upon registration.) Suggested donation: organizations and wage earners: \$20; unwaged: \$10. No one turned away for lack of funds. Register at www.toolsforchange.net.

- ✓ Sat 5 from 1–4 pm. **Facilitation Workshop 101.**
- ✓ Sat 19 from 11 am–5 pm. **Facilitation Workshop 201.** This workshop is geared to people with some facilitation experience.
- ✓ Sat 26 from 11 am–5 pm. **Media Strategy Workshop 101.**

Thurs 10 from 4–10 pm. **Building Healthy Family Finances.** Display table and a workshop on money management and budgeting. 200 Eglinton Ave West, 1st Floor <http://www.pointinc.org>

Mon 14–Fri 18. **Credit Education Week.** Excellent online resource for financial literacy. Check site for financial literacy info fair and budgeting workshop near you. <http://cewc.ca/> FREE

- ✓ Tues 15 from 8:30 am–3 pm. **CECW Launch.** This professional development day provides the opportunity for all professionals, service providers, new immigrants, community members to build capacity by acquiring knowledge and developing skills in the area of government resources, services and tools. Speakers include Neil Pasricha, author of *The Book of Awesome* and Jonathon Chevreau, columnist for the Financial Post as well as the Director of the Financial Consumer Agency of Canada. YMCA downtown Register at Launch@CreditCanada.com or call Elena Jara at 416 228-2535. FREE (Light Breakfast & Lunch Provided)

Wed 30 from 10–11:30 am. **RDSP (Registered Disability Savings Plan) Workshop.** Come and find out about the federal government's plan to help families with a disabled child and individuals who are disabled save for the future. Hosted by the Consumer/Survivor Information Resource Centre of Toronto. CAMH, 1001 Queen Street West, Room B-40. In the basement of Unit 4. We'll put up lots of signs. Coffee and snacks FREE

NYWC NOVEMBER WORKSHOPS

North York Women's Centre, 2446 Dufferin St. 416-781-0479 www.nywc.org

- ✓ Oct 25, Nov 1, 8, 15, 22, Dec 1, 8 and 13 at 1- 2:00pm. Yoga Classes. Drop-in or call 416-781-0479 if you would like to register to attend all the yoga classes.
- ✓ Thurs 10 from 1–2:30 pm. Legal Workshop: Social welfare tribunal; Housing tribunal issues (evictions); OW/ODSP; OAS.

- ✓ Thurs 17 from 1–3 pm. Violence & Issues of Safety Workshop—(safety planning & healthy relationships). Presented in partnership with Redwood Shelter.
- ✓ Thurs 24 from 1–2 pm. First Aid Awareness Talk. Presented in partnership with Toronto EMS Safe City Program
- ✓ Tues 29 from 1–2:30 pm. Housing: Access to government housing and shelters.

PERFORMANCE

November 12. Doors open at 6:30 pm. Curtain: 7 pm. **That's Just Crazy Talk**. One-woman play by Victoria Maxwell on living with bipolar disorder, anxiety and psychosis. Michael Young Theatre, 55 Mill Street – Building 49, Distillery District. Contact Neda Abedil: nabedi@uhnresearch.ca or 416-603-5800 x 870 or [Click here to access our online registration](#) FREE theatre event!

Dec 9 – Dec 24. Various times. **The Christmas Story**. Throughout the past 6 decades, The Story has played faithfully each season in the historic little church behind The Eaton Centre in Toronto. During WW2, the original production in London had to stop. In Toronto, even when the church was ravaged by a terrible fire in 1975, the production went on inside The Eaton Centre! There is no admission charge for attendance at The Christmas Story. An offering is taken up at the time of the performance for those who are able to make one. 10 Trinity Square, 416-598-4521 Book your tickets early (now) at <http://www.holytrinitytoronto.org/wp/>. FREE

REMEMBRANCE DAY



November 11 at 11 am. There are many **Remembrance Day Ceremonies** held throughout the GTA. www.toronto.ca/lestweforget/ Call 3-1-1 to locate a ceremony in your area.

7 am sunrise ceremony. 8:30 am breakfast. 10 am service. **Remembrance Day Ceremony at the Native Canadian Centre of Toronto**. Native Canadian Centre of Toronto, 16 Spadina Road. Volunteers still needed. Please contact 416-964-9087 x343 or Bonnie.matthews@ncct.on.ca <http://ncct.on.ca>

WALKS

Sun 13 from, 1:30 to 2:30 p.m. **Autumn in the Valley—An Outdoor Guided Walk**. As the cold winter months approach, learn how the birds, plants and animals in our Wildflower Preserve prepare for the season. Refreshments provided after the walk. Adults: \$5.24; Children: \$2; Youth/Seniors: \$3 (plus HST). Todmorden Mills Heritage Site, 67 Pottery Road Bottom of Pottery Road, East of the Bayview Extension, West of Broadview Avenue. 416-396-2819 todmorden@toronto.ca

1st and 3rd Sun of every month at 10:30 am. 1.5 hours. **High Park Walking Tours**. Moderately paced, naturalist led walking tours. May go on natural trail so dress appropriately. Meet at the benches just south of Grenadier Café and Teahouse in High Park. Click [here](#) for the Walking Tour Brochure and schedule. 416-392-0729 walkingtours@highpark.org Free (donations always welcome!)

- ✓ Nov 6 at 10:30 am. **Scavenger Hunt Walk**. Discover the hidden treasures of the park.
- ✓ Nov 20 at 10:30 am. **High Park Through the Ages** with Dave Berndorff.

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. www.csinfo.ca www.twitter.com/CSInfoCentre

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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