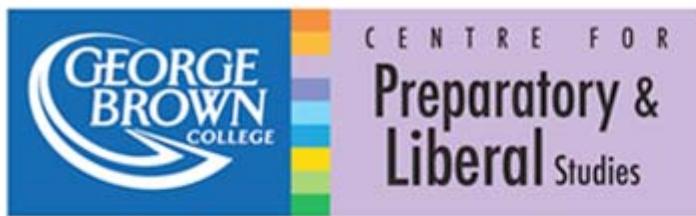


# BULLETIN

January 16 – 31, 2012

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/>



George Brown College's Centre for Preparatory & Liberal Studies will be hosting the

## 13<sup>th</sup> Annual George Brown College Mental Health Conference From Exclusion to Inclusion: Accessing Employment Through Education

Thursday, March 1, 2012  
290 Adelaide St. East, Toronto



This one-day conference will address barriers and solutions to education and employment success for individuals dealing with mental health concerns.

### Featured Speakers include:

Alumni/Student Panel Presentations; Diana Capponi, Centre for Addiction and Mental Health; Becky McFarlane, Working for Change; Dr. Geoffrey Reaume, York University Critical Disability Studies; David Reville, Ryerson School of Disability Studies

### Lunch & Learn Roundtable Discussions on:

Promoting Positive Mental Health in At Risk Youth; Women Transitioning to the Trades; Access to Education and Support to Succeed; Job Development for Individuals Dealing with Mental Health /Substance Use; Mainstream Education: Supports & Gaps

Watch for further information about the conference and registration details. Follow the conference on Facebook and Twitter (@GBCMHC)

George Brown College, P.O. Box 1015, Station B, Toronto, Ontario, Canada, M5T 2T9  
Toronto - 416-415-2000 (TTY 1-877-515-5559) Toll-free in Canada and the United States -1-800-265-2002

## QUEER TRANS AND CIS WOMEN CONFERENCE

Sat 21 from 2 – 7 pm at the Tranzac Club, 292 Brunswick Avenue. The Sex Talk Series presents... No More Apologies: Queer Trans and Cis Women, Coming/Cumming Together! A FREE conference **for trans and cis women** about social exclusion, sex, and sexual health. No More Apologies is a day-long sex talk, designed to name and address the exclusion of queer trans women from broader queer women's sexual communities. This event is part of "Sex Talk 2: A Sexual Health Workshop Series for LGBTQ Women".

Everyone is invited to a post-conference dance party to celebrate the launch of BRAZEN: The Trans Women's Safer Sex Guide will be hosted by Drew Deveaux at 9 pm.

For info or to pre-register contact Kate at <mailto:kklein@ppt.on.ca> or 416-961-0113.

## OPEN LETTER ON DRAFT OF DSM-5

Visit <http://www.dsm5.org/> to read the current draft of the new DSM and the American Psychiatric Association's response to an *Open Letter* by the American Psychological Association and Society for Humanistic Psychology (<http://www.ipetitions.com/petition/dsm5/>). Excerpted from the *Open Letter*:

"As we will detail below, we are concerned about the lowering of diagnostic thresholds for multiple disorder categories, about the introduction of disorders that may lead to inappropriate medical treatment of vulnerable populations, and about specific proposals that appear to lack empirical grounding. In addition, we question proposed changes to the definition(s) of mental disorder that deemphasize sociocultural variation while placing more emphasis on biological theory. In light of the growing empirical evidence that neurobiology does not fully account for the emergence of mental distress, as well as new longitudinal studies revealing long-term hazards of standard neurobiological (psychotropic) treatment, we believe that these changes pose substantial risks to patients/clients, practitioners, and the mental health professions in general."

The third and final round of public comments on the draft is scheduled for Spring 2012.

## RECOVERY NETWORK TORONTO

Visit <http://recoverynetworktoronto.wordpress.com:80/> for Toronto consumer/survivor perspectives on recovery, hearing voices, meds, the mental health system, and more. An excellent collection of articles. Recovery and autonomy are the core values of the Recovery Network Toronto.

"we believe that people can and do recover by finding ways to heal themselves."

"our aim is to promote dialogue about that; to make it easier to access a broad range of ideas and information from around the world; and to combine that with information about local resources ."

Folks can contribute material and join the dialogue.

## FRANCOPHONE MENTAL HEALTH BLOGGERS NEEDED

Reflet Salvéo is looking for francophone bloggers with knowledge of mental health issues.

Reflet Salvéo is one of six entities named by the Ministry of Health and Long Term Care through the province of Ontario, our mandate is to assist the Francophone community in the planning of quality health care in French. As part of our various initiatives for mobilizing the francophone community we want to start a blog that will bring together various people of all walks of life. We want to hear your take on the mental health system; access, and treatment, what works and what doesn't. We also want to hear your experience of stigma. Whether you are a consumer/survivor, have a loved one with mental health issues or simply know a lot about it, we want to hear from you. We invite you to join our group of wonderful bloggers and make a valuable contribution to our organization and to Francophone individuals.

For more information please contact Preetha Stephen, communications agent at [pstephen@entite-3.ca](mailto:pstephen@entite-3.ca)

## 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](mailto:gandier47@hotmail.com) or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.





## EMPOWERMENT COUNCIL'S 10TH ANNIVERSARY CELEBRATION

Thursday, January 26, 2012 from 4:30 - 6:30 pm at 1001 Queen St. West, Cafeteria  
Guest Speaker: Retired Supreme Court Justice Ian Binnie

Let us celebrate how advocacy has transformed lives.

All current and former clients welcome. Refreshments provided.

## REMINDER: WOMEN SPEAK OUT INFORMATION SESSION

The information sessions for women interested in applying to become a member of Women Speak Out are coming up soon. Attendance at the info sessions is encouraged but not mandatory. Women Speak Out is a 12- week intensive training in public speaking, leadership, conflict resolution, diversity issues, and public policy by Voices from the Street in partnership with Sistering, Barbra Schlifer Clinic and Mennonite New Life Centre. The training is free. A cash honorarium and TTC tokens, as well as lunch, will be provided.

- ✓ Mennonite New Life Centre: Jan 31, 2012 3:00 pm-4:30 pm 2600 Birchmount Rd Scarborough,
- ✓ Barbra Schlifer Commemorative Clinic: Jan 18, 2012 10:00 am-11:30 am, at 489 College St, Suite 503
- ✓ Sistering: Jan 26, 2012 10:00 am- 11:30 am 962 Bloor St West

Contact Information: 416-504-1693 x 231 FAX: 416 504-8063 <mailto:lubna@ocab.ca>

For more details refer to announcement in previous Bulletin (Bulletin 455).

## MINDFULNESS IN EVERYDAY LIFE GROUP

This group is to be held Tuesdays from January 31 to February 28 from 4 – 5 pm at the Mood Disorders Association office, 36 Eglinton Avenue West, Suite 602 (Yonge and Eglinton).

An information session will be held on January 24 from 4 – 6 pm.

The group is free, but attendance at the information sessions and registration are required. Contact Ingrid Mraz at 416-486-8046 x 238 (1-888-486-8236) or [ingridm@mooddisorders.ca](mailto:ingridm@mooddisorders.ca) to register.

## GERSTEIN CENTRE WRAP GROUP

Save the Date!

Information and Registration Session: Monday, February 27 from 1 – 2:30 pm

10-week WRAP Group

Fitness & me: Workout + WRAP

Group will be held on Mondays from March 5 – May 28 at 10 am – 3 pm at the Metro Central YMCA and Gerstein on Charles (100 Charles St. East)

Space is limited. For more info contact Nicki at 416-929-0149

## FEED YOUR HEAD – FILMS FOR MENTAL HEALTH

Wednesday, January 25 at 7 pm at the JJR MacLeod Auditorium, University of Toronto  
1 Kings College Circle, Medical Sciences Auditorium

Two Films presented by Orthomolecular Health: Feed Your Head (45 min) and Science of Healing (15 min). Question and Answer period to follow.

Download a pdf of this event [here](#). Pre-registration required, as space is limited.

Register at: 416-733-2117 or [centre@orthomed.org](mailto:centre@orthomed.org) Admission is \$10 at the door

## ARE YOU READY TO CONNECT THE DOTS? MIGRATION . DISCRIMINATION . MENTAL . HEALTH

The Canadian Mental Health Association of Toronto (CMHA-Toronto) presents:

The Opening Doors Project and the first FREE Critical Development Day of 2012. A day-long participatory session that aims to raise awareness around the impacts of migration, racism and other forms of discrimination on the mental health of newcomers and refugees.

Through popular theatre activities and interactive discussions, the workshops will develop professional skills in order to foster welcoming communities for newcomers and refugees dealing with mental health issues. Upon completion, participants will be awarded The Opening Doors Project Critical Development Certificate.

Wednesday, February 1, 2012 from 9:15 am - 4:30 pm at the Toronto Botanical Gardens

For more information or to register, contact Solome Goshu 416-631-9896 x 238.

Please note that spaces are limited, and will be filled on a first come, first served basis. Registration closes on January 20 before 5 pm.

## HONOURING OURSELVES: YOUNG MUSLIM WOMEN EXPRESSIVE ARTS GROUP WINTER 2012

Do you want a safer space to explore your relationship with self, family and community?

Join us for Honouring Ourselves, a closed expressive arts group for young women (18 - 28) who self identify as Muslim. In weekly gatherings, we will explore new strategies to cultivating healthy relationships, building on your resilience and strengths as well as creative expression.

Honouring Ourselves is a collaboration between: Barbra Schlifer Commemorative Clinic, Pomegranate Tree Group and Ryerson University Centre for Student Development and Counseling. It is one of three new groups that will be offered for young Muslim women in 2012.

Thursday afternoons from January 26th - March 15th 2012 from 2 - 4 pm at a downtown Toronto location  
Free TTC tokens, Childcare (upon 48 request), as well as Language and ASL Interpreters available.

If you are interested in participating in this free group please contact us to register: 416-323-9149 x 243 or <mailto:f.khan@schlifer.com>.

# MONEY MATTERS

## COMMUNITY START-UP AND MAINTENANCE BENEFITS FOR PEOPLE ON OW OR ODSP BENEFITS

### What is a Community Start-Up and Maintenance Benefit (CSUMB)?

A Community Start-Up and Maintenance Benefit (CSUMB) is a mandatory benefit – that is, it is a benefit that you are entitled to, if you qualify.

- A CSUMB is money to help with expenses when you set up or move to a new home.
- A CSUMB can also be used to help people stay in their home, in emergency situations.

### When can I get a CSUMB?

A CSUMB will not be given every time a person moves. A CSUMB will be granted only in certain situations, including:

- Being homeless
- Moving because of family violence
- Uninhabitable living conditions
- Leaving an institution
- Moving for health reasons
- Your new rent is more affordable
- For employment or training.

You must clearly show your worker that there is a need for you to move to a new place.

### **What payments will a CSUMB cover?**

- Last month's rent
- Hydro or gas hook-up charges
- Storage and moving costs
- Moving out of the area
- Clothing, furniture & other household goods
- Getting rid of bed bugs
- Buying new or replacement smoke alarms, or batteries for the alarms
- Buying or repairing necessary home appliances – fridge or stove, etc.

### **CSUMB can also make a one-time payment to help you stay in your home:**

- Arrears of rent to prevent eviction, if there is an Eviction Notice
- Arrears of utility payments to prevent shut-off or disconnection
- Mortgage payment if you have received a final demand.

### **How often can I get a CSUMB?**

You can receive a CSUMB only once every 24 months – except for exceptional circumstances: flood or fire or abuse. A woman leaving an abusive or violent home situation may be eligible for CSUMB benefits more often.

### **How much can I receive for a CSUMB?**

How much you receive depends on your circumstances. The maximum is \$799 for a single person/couple and \$1500 for a family.

### **Women living in Shelters**

Women who leave violent situations and stay in shelters for abused women can receive basic needs + shelter costs for 3 months, if they are trying to keep their home. This can be extended.

### **How Do I apply for a CSUMB?**

You have to apply in writing for a CSUMB. Check to see if OW/ODSP has a form. If not, make a list of the items you wish to purchase, plus their price. You may have to get written estimates for bigger items – fridge, stove, bed, etc. If the application is related to your health or safety, get a letter from your doctor, counselor or another health professional. Talk to your OW/ODSP worker if you are not covered by a CSUMB or you need more than what a CSUMB pays for.

### **Do ODSP and OW CSUMB cover the same things?**

YES. However, persons on ODSP can receive additional benefits. Speak to your ODSP worker for more information about benefits that you are eligible for.

### **What do I do if my CSUMB is denied?**

If your worker denies you a benefit and you think the decision is wrong, you can appeal the decision. Always get the denial decision in writing, otherwise you cannot appeal it!

First, you must ask for an Internal Review in writing within 30 days of the denial letter. If your Internal Review is also denied, you can appeal this decision, by filing a Notice of Appeal with the SBT within 30 days.

NOTE: There is a 30 day time limit for filing an Internal Review or an Appeal to the Social Benefits Tribunal (SBT). If you miss this deadline, you may lose your right to appeal. Contact your community legal clinic for help and assistance.

“What are Community Start-Up and Maintenance Benefits (CSUMB)? For People on OW or ODSP Benefits” is an information brochure produced by Northwest Community Legal Clinic (November 2011)

The information in this pamphlet is current to November 2011 and will not reflect further changes to the rules or regulations.

<http://www.mc当地gov.on.ca/en/mcss/programs/social/directives>

Other pamphlets about social assistance, published by CLEO, are available at [www.cleo.on.ca](http://www.cleo.on.ca).

## **MONEY MANAGEMENT WORKSHOP FOR WOMEN 55+**

January 23 – January 26 from 9:30 am – 4 pm. Unison Health and Community Services, 12 Flemington Road, Group Room ABC Contact Alexandra Wilson 416-978-7323 [alexandra.wilson@nicenet.ca](mailto:alexandra.wilson@nicenet.ca)

This **free** two-day workshop is presented by the National Initiative for the Care of the Elderly (NICE). It is intended for women who are:

1. Single or a newcomer
2. Living on a low income, and
3. 55 years old or older

You will learn about: Developing a Personalized Financial Plan; Retirement & Savings Options; Understanding Income Tax; Adopting Effective Banking Practices; Legal Dimensions of Financial Literacy; Preventing Financial Abuse; Credit & Debt Management; Accessing & Optimizing Pensions/Public Benefits

Service Canada will offer a pension clinic.

Participants must be able to read and write English. The first 30 women to sign up will receive a \$25 gift card.

# **Employment Matters**

## **PRE-APPRENTICESHIP CARPENTRY TRAINING FOR WOMEN**

This **free** program prepares women for paid general carpentry apprenticeships.

35-week program and a paid 12-week work placement after formal training component is completed.

Begins February 20, 2012

Funded by the Government of Ontario in conjunction with George Brown College trainers.

For information or to register for an orientation session: 416-964-3883

## **ACCESSING CAREERS IN THE SKILLED TRADES**

January 25 from 6 – 8 pm. A free seminar for foreign-trained tradespeople.

Learn what you need to know about skilled trades in Ontario, different career pathways and opportunities, how to utilize your international education and experiences in trades, and how to access employment and certification in trades.

Metro Hall, 55 John St. Room 314 Registration required. <http://www.wes.org/ca/info/calender.asp>

## **CONSTRUCTION CRAFT WORKER TRAINING**

Come join us for an exciting training and employment opportunity!

George Brown College will be hosting a Construction Craft Worker Extended Training (CCWET) Information Session on Wednesday, January 25, 2012 at 1 pm at Casa Loma Campus, 146 Kendal Ave, Building C, Room C536

The Application Deadline for the Training is February 17th, 2012.

Please email or call to confirm your attendance at [auged@georgebrown.ca](mailto:auged@georgebrown.ca) or 416-415-5000 x 6790

## ASBESTOS REMOVAL CERTIFICATE

Legally required training for persons working in asbestos removal. Training includes W.H.M.I.S. (Hazardous Materials); First Aid; Fall Arrest, and more. Transportation, safety boots and other equipment are provided Free. Men and women who are unemployed or underemployed, homeless, residing in shelters, or are at risk of losing housing are eligible to apply.

This 7-day training begins on January 27, 2012.

Info Session: January 17 at 2 pm @ Dixon Hall Employment Services, 489 Queen St. East, 3<sup>rd</sup> Floor.

For more information contact Richard at 416-864-1511 x 607 or [richard.creighton@dixonhall.org](mailto:richard.creighton@dixonhall.org).

## ST. CHRISTOPHER HOUSE WORKSHOPS

Registration required. St. Christopher House, 1033 King St. West 416-848-7980 FREE

- January 26 from 1:15 – 4:30 pm. Customer Service Workshop for Newcomers. Learn about the importance of Customer Service and the role of a Customer Service Agent in today's employment market. Receive a certificate of attendance.
- January 25 from 1:15 – 4 pm. Food Safety and Handling Workshop. Attend this workshop to learn about food borne illness and how you can prevent it through safe food handling practices and proper temperature controls of foods. Receive a certificate of attendance.

## TRANS ACCESS PROJECT 2012 PARTICIPANT RECRUITMENT

The 519 Trans Access Project is currently seeking 5 trans individuals to join a job-readiness program to help prepare them for work in community services.

For this project we are specifically looking for trans people who have encountered challenges to finding employment and barriers to housing.

Participation in this program cannot guarantee future employment, and is intended to provide basic skills for those seeking work in community services. The program runs from January 25, 2012 to March 28, 2012 and participants must be able to attend all 8 sessions.

There is no fee for this workshop because we're paying you to participate. The 519 will be selecting qualified candidates who successfully complete the workshop to conduct trans-awareness workshops in conjunction with the Team.

The Team is a group of trans people who have been developing and providing training courses for the staff of Toronto services since 2001. Our education and training modules focus on methods to ensure access for trans people in need of shelter, addiction services, community health care, employment resources and refugee settlement services.

For online and downloadable paper application: <http://www.the519.org/> (under Programs and Services)

Contact Kyle Scanlon, Education, Training and Research Consultant at 416.355.6778 or [kscanlon@the519.org](mailto:kscanlon@the519.org) for more information.

**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. \*Please note, only qualified applicants will be interviewed.

If interested, please contact Karen Schwartz at 416-504-4262, #227 or at [karen@freshstartclean.com](mailto:karen@freshstartclean.com).

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

Free and Low-Cost Events for **January 16 – 31, 2012**

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

## FESTIVAL

Fri 20 – Tues 24. **2012 CIBC LunarFest.** The World's First Lantern Aquarium is going to Harbourfront Centre, Toronto. Celebrate the Year of the Dragon. Be a Sea Dragon and explore through the Treasures of the Sea. Harbourfront Centre, 235 Queens Quay West 416-973-4000 [lunarfest.org](http://lunarfest.org) FREE

Sun 29 from 2 – 4 pm. **Chinese New Year Celebration.** A fun and festive program including Lion dance, dragon dance, folk and classical dance performances by children, singing, and martial arts. The God of Fortune will offer blessings and Lucky Red Pockets to bring fortune in the New Year! Chi-Ping Dance, Scarborough Civic Centre in the Rotunda, 150 Borough Drive 905-475-2023 [www.chipingdance.com](http://www.chipingdance.com) FREE

Jan 29 from noon – 6 pm. **Chinatown Chinese New Year Festivities.** Celebrate the Year of the Dragon with Chinatown Business Improvement Area. Opening Ceremony at noon at 222 Spadina Ave. Lion dance parade. Live performances demonstrating cultural diversity of Chinatown at Chinatown Centre and Dragon City Shopping Mall. Share the joy of Chinese New Year with us. Chinatown, Dundas St. West and Spadina Avenue 416-260-9800 [tinghsieh@chinatownbia.com](mailto:tinghsieh@chinatownbia.com) FREE

## LEARNING

The Toronto Public Library hosts several **Historical Societies** that meet regularly for free talks by guest speakers. Refreshment is provided. Annette Street, Bendale, Northern District and S. Walter Steward branches are the locations for the West Toronto Junction, Scarborough, North Toronto and East York Historical Society. Call the Toronto Public Library Answerline 416-393-7131 or visit [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca). FREE

Jan 17 to March 20 at 6 pm. 10 sessions. **Citizenship Education Mentoring Circle.** Covers all topics in citizenship *Discovering Canada*. Learn from a mentor in a relaxed environment. [Toronto Reference Library](http://Toronto Reference Library), 789 Yonge St. 416-395-5577 FREE

Thurs 19 at 7 pm. **Jewellery Making for Beginners.** Learn to make fabulous jewellery out of unique and colourful glass beads and silver findings. All materials supplied. [Toronto Public Library](http://Toronto Public Library), Bloor/Gladstone Branch, 1101 Bloor St. West. 416-393-7674 FREE

Tues 24 at 1:30 pm. **Canadians at Table: A Culinary History of Canada.** Dorothy Duncan takes you on a culinary tour from self-sufficient First Nations to prairie settles to convenience foods. [Toronto Reference Library](http://Toronto Reference Library), Elizabeth Beeton Auditorium, 789 Yonge St. 416-395-5577 FREE

Thurs 19 from 6 – 8 pm. **Food n' Mood Workshop: Winter wisdom from Chinese medicine.** Presented by Pauline Sok Yin Hwang. Learn to use winter to nourish and rejuvenate your kidney-adrenals. Bring your dinner with you if you like. Helpful recipes, tips, meditations, and a new found appreciation (or at least tolerance!) of winter. Laurentina's Improv Club, 51 Kensington Ave. RSVP to 416-890-7770 [www.paulinehwang.ca](http://www.paulinehwang.ca) FREE

Jan 19 from 6:30 – 8 pm. Faculty of Design Speaker Series: **Judith Heumann, Special Advisor for International Disability Rights.** "Changing Society – The Power of Inclusive Thinking". Presented by: OCAD University. Internationally recognized leader in the disability community and a lifelong civil rights advocate for disadvantaged people. OCAD University, Auditorium, 100 McCaul St. (Dundas and McCaul) [apache.ocad.ca/events\\_calendar/eventdetail.php?id=3906](http://apache.ocad.ca/events_calendar/eventdetail.php?id=3906) Register online for your FREE ticket

Fri 27 from 1 – 3 pm. Monthly Talk at Toronto Western Hospital. **Knee, Hip, Foot & Ankle Problems.** Toronto Western Hospital, Auditorium - 2nd Floor - West Wing, 399 Bathurst Street. To register: 416-603-5800 x 6475 [sarah.cunningham@uhn.ca](mailto:sarah.cunningham@uhn.ca) or. Scent-free environment FREE

Tues 31 at 2 pm. **Memory & Aging: Strategies to Improve Mental Abilities.** Demonstration by grad students of Cognitive Aging Lab, Ryerson University, on techniques for seniors to improve memory and mental abilities. [Toronto Reference Library](#), Elizabeth Beeton Auditorium, 789 Yonge St. 416-395-5577 FREE

## MOVIES

**Afternoon at the Movies.** Classics, new releases and documentaries for adults and older adults. Toronto Reference, Albert Campbell, Palmerston and Morningside Branches have movies scheduled for the last two weeks of January. For details and to check on movie schedules and locations for February and March call the Toronto Public Library Answerline: 416-393-7131 or visit [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) FREE

## MUSEUMS

**Bata Shoe Museum.** The Bata Shoe Museum is a centre of knowledge about the role of footwear in the social and cultural life of humanity. Bata Shoe Museum. 327 Bloor St. West. Thursdays between 5 and 8 pm: pay what you can. January 23: 65 and older pay \$6. Jan 27: under 18 get in free

## MUSIC

Sat 28 at 3 pm. Doors open at 2:15 pm. **Free Community Concert by the Toronto Mendelssohn Choir.** Featuring the full Toronto Mendelssohn Choir, the Elora Festival Singers, and up-and-coming conductors. Enjoy a wide range of choral music: Ave Maria, Sanctus, Freedom Trilogy, selection from Israel in Egypt, Heavens are Telling, Water Night, selections from Gloriana, Haec Dies, To See the Cherry Hung with Snow, Nunc Dimittis and Jesus Christ the Apple Tree. Yorkminster Park Baptist Church, 1585 Yonge St (Yonge & St. Clair) Contact Kimberly at 416-598-0422 [www.tmchoir.org](http://www.tmchoir.org) FREE (first come first served)

## NORTH YORK WOMEN'S CENTRE

January's line-up of educational and recreational/fitness programs includes workshops on Stress Management & Relaxation, Sexual Health & STIs, and groups for Building Self-Esteem and Healthy Relationships. Learn how to Salsa or join a women's only weight room and fitness class. NYWC, 2446 Dufferin St. (2 blocks north of Eglinton Ave. West) 416-781-0479 [info@nywc.org](mailto:info@nywc.org) [www.nywc.org](http://www.nywc.org) All programs are FREE

- Mondays, Wednesdays and Fridays from Jan 23 – Apr 2 at 9 am – 11 am. **Women on the Move.** Women of all ages and abilities enjoy a women's only weight room and fitness class. Presented in partnership with Falstaff Community Centre and Neighbourhood Services. Call 416-395-7924 to register. 50 Falstaff Community Centre FREE

## WALKS

Sun 29 from 1:30 – 2:30 pm. **Outdoor Guided Walk - Winter in the Valley.** Tour the Wildflower Preserve to learn how birds, animals and plants adapt to and survive winter conditions. Enjoy mulled cider after the walk. Todmorden Mills Heritage Museum and Arts Centre, 67 Pottery Rd. 415-396-2819 [www.toronto.ca](http://www.toronto.ca) Adults: \$5.24 plus applicable taxes; Children: \$2 plus applicable taxes; Youth/Seniors: \$3 plus applicable taxes.

## WELLNESS AT THE LIBRARY

Wed 18 at 7 pm. **Gluten-Free, Dairy-Free, and Sugar-Free Living Made Easy.** Author Victoria Yeh explains how to implement this dietary style. Toronto Public Library, Barbara Frum Branch, 20 Covington Rd. 416-395-5440 FREE

Sat 21 at 1:30 pm. **Vision Boarding 101.** Who do you want to be and what do you want to do? Karen Hutton guides you through process of creating a visual goal setting board. [Toronto Public Library, Lillian H. Smith Branch, 239 College St.](#) 416-393-7746 FREE

Wed 25 at 7 pm. **Build and Maintain Motivation.** Re-energize so you can achieve what you want from life. [Toronto Public Library, Barbara Frum Branch, 20 Covington Rd.](#) 416-395-5440 FREE

Jan 25, Feb 28, Mar 27 at 2 pm. **Healthy Futures.** A free health and wellness clinic on various topics, presented by Community Care East York. [Toronto Public Library, S. Walter Stewart Branch, 170 Memorial Park Ave.](#) 416-396-3975 FREE

## WRITERS AND BOOKS

Jan 9, Feb 6, and March 5 at 7 pm. **Spanish Reading Circle.** Discuss selected books in Spanish. [Toronto Public Library, Palmerston Branch, 560 Palmerston Ave.](#) 416-393-7680 FREE

Jan 10 & 24, Feb 7 & 21, and Mar 6 at 1 pm. **Memoir Writing for Seniors.** Join a group of seniors to share, discuss and write. Toronto Public Library, [Cliffcrest Branch, 3017 Kingston Rd.](#) 416-396-8916 FREE

Fri 20 at 7 pm. **Wael Ghonim.** Former Google executive talks about the inside story of the Egyptian uprising and the Arab Spring. With broadcaster Jesse Hirsh. The Bram & Bluma Appel Salon at the Toronto Reference Library, 789 Yonge St. (1 block north of Bloor) Answerline: 416-393-7131 [salonprograms@torontopubliclibrary.ca](mailto:salonprograms@torontopubliclibrary.ca) Get Free ticket online at [www.torontopubliclibrary.ca/appelsalon](http://www.torontopubliclibrary.ca/appelsalon)

Tues 31 at 7 pm. **How do mysteries really get solved?** Detective Constable Wade Knapp, Training Officer for the Forensic Identification Services, Toronto Police Service discusses techniques used to solve real crimes. For the mystery book club. Toronto Public Library, [Mount Pleasant, 599 Mt. Pleasant Rd.](#) 416-393-7737 FREE

Let a joy keep you. Reach out your hands and take it when it runs by.  
Carl Sandburg

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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).

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*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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