



BULLETIN

March 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/>

UPCOMING C/S INFO WORKSHOP

Are you on OW or ODSP and turning 65 soon?

Join the Consumer/Survivor Info Centre on **Monday, March 26** from 10:00 to 11:30 am for a free workshop on the transition from Ontario Works or Ontario Disability Support Program to Canada Pension Plan/Old Age Security/Guaranteed Income Supplement. Did you know that you have to apply for these benefits at least six months before you turn 65? Are you worried about what's in store for you and for the amount of your income? Then come and join us as we host legal experts from Parkdale Community Legal Services. There will be time for your questions. The workshop will be held in our new favourite place to have workshops — Room B40 in the basement of Unit 4 at CAMH, the Centre for Addiction and Mental Health at 1001 Queen Street West. As always, we'll put up lots of directional signs. Everyone welcome, no need to pre-register, although for the purposes of getting enough refreshments, maybe give a call and we'll keep count. Helen or Colleen at the Consumer/Survivor Information Resource Centre of Toronto 416-595-2882.

Tax Season

CONSUMER ALERT:

- \$ some companies that do people's taxes are asking people to enter into a contract in order to get their taxes done
- \$ the contract means people have to sign up for a bank account and a debit card
- \$ they also have to change their direct deposit so that all tax-delivered benefits go into this new bank account
- \$ both the bank account and the debit card charge high fees
- \$ the companies get paid first, when benefits get deposited into the bank account
- \$ **there are other ways to get your taxes done** that don't require you to enter into these contracts (see next page for free tax clinic information)

From <http://www.incomesecurity.org/documents/TaxCreditsPaymentandRefunds.htm>

FREE TAX CLINICS FOR PEOPLE WITH LOW INCOME:

- ✓ To locate a free **Community Volunteer Income Tax Clinic** near you visit <http://www.cra-arc.gc.ca/tx/ndv/dls/>.
- ✓ To locate a free **Chartered Accountant Tax Clinic** call 416-962-1841 and press 6 or visit <http://www.icao.on.ca/public/apps/TaxClinics/TaxClinics.aspx>.
- ✓ **C/S Info Centre Free Tax Clinic** for Consumer/Survivors. Call us at 416-595-2882. Please note that our clinic is on Tuesdays and by appointment only. We are booked up until mid-April.
- ✓ **To prepare your own taxes online:**

Ufile.ca: Ufile ONLINE is a web-based tax preparation application. For individuals or families with income of \$25,000 or less*, there is no fee to print or file your tax return.

WebTax4U.ca: WebTax4U is another online service that provides free income tax preparation for individuals or families with total income of \$20,000 or less.

Intuit TurboTax: Individuals or families with income of \$20,000 or less can file online using TurboTax's free online software.

NEW PERSPECTIVES TOURS AT THE AGO

Free, Wednesday evening drop-in gallery tours for people living with mental health problems

Tours are held at 6:20 pm on the last Wednesday of every month. The next scheduled tours are: March 28, April 25, and May 30.

Meet in the Education Commons, Weston Family Learning Centre at the AGO, 317 Dundas Street West (look for the New Perspectives Tour sign in the Education Commons)

The tours, facilitated by the Art Gallery of Ontario's Education Officers, are 90 minutes long, and visitors are welcome to break off from the group at any point to explore the gallery on their own.

If you have questions about the New Perspectives Tours, or any of the gallery's access programs for people living with mental health problems, please contact Gillian_McIntyre@ago.net AGO: 416-979-6648
www.ago.net

MAD COUTURE CATWALK

Part of the Extraordinary Artists event at the AGO. A Workman Arts/AGO presentation

Friday, April 13, 2012 from 7 – 10 pm

Art Gallery of Ontario, Weston Family Learning Centre, 317 Dundas Street West

General Public \$25, AGO Members \$20, Students \$15 (ticket price includes presentation and reception)

A unique performance and party will launch Workman Arts' 25th Anniversary prior to the one-day symposium Extraordinary Artists: The Convergence of Art and Mental Illness in the 21st Century. This runway-style presentation of wearable couture by Workman artists will challenge norms, shift boundaries and inspire dialogue about mental illness and creativity.

Tickets can be purchased at the AGO Box Office by phone at 416-979-6608 or online at <http://tinyurl.com>.

For more info about the Catwalk and the Extraordinary Artists Symposium: www.workmanarts.com

CENTRAL AND TORONTO CENTRAL LHIN'S MENTAL HEALTH & ADDICTION MULTI-SERVICE ACCESS PROJECT

Making it Easier to Access the Services You Want

Over the last few years a number of consultations and focus groups have been held with consumer/survivor and service-user groups to help various task forces and committees make recommendations to improve mental health and addiction policy, access systems, and service delivery. Some of this feedback has resulted in the development of a proposed multi-service access model (a one-stop place to call to access a range of mental health and addiction services).

•Work for a better system •Get informed •Influence the process

Join us for a briefing on past feedback and how this has been incorporated into the draft model, to provide input and feedback on some of the proposed changes, and to suggest how consumer/survivor and service-user groups should be involved going forward. We look forward to having you join us on:

April 10 – West Toronto – 2-4 pm

April 11 – York Region – 3:30-5:30 pm

April 12 – East Toronto – 2-4 pm

Locations are currently being determined and will be shared as soon as they are confirmed

Refreshments and transit provided.

TO RSVP: 416 535- 8501 x3013 or improveaccess2012@gmail.com

THE FRIENDLY SPIKE THEATRE DEVELOPMENT REHEARSALS

Interested actors and writers are invited to attend development rehearsals:

May Robinson Auditorium, 20 Westlodge Avenue (one block east of Lansdowne, north of Queen St. West)
Friday March 30, Friday April 27, Friday May 25 and Friday June 29 from 6:30 PM – 9:30 PM

We will be continuing development of 'The Walls Are Alive With The Sounds of Mad People', a lively tour of the psychiatric patient-built wall. This play will be presented at the site at Queen and Shaw, on Wednesday July 11th, as part of Mad Pride Week.

Also, we will be developing two new plays brought forth by company playwrights. Individual artists are encouraged to participate by including their own work in this cauldron to be presented publicly on Friday, July 13th, in celebration of Mad Pride!

Our venue is accessible. All are welcome. Hope you can participate!

FRIENDLY SPIKE THEATRE RECEIVES ARTS AWARD

On February 24, 2012 at Harbourfront Centre, as part of EMERGENCE: A Symposium on Community Arts Practice presented by the Neighbourhood Arts Network, an initiative of the Toronto Arts Foundation, the Friendly Spike Theatre Band, a grass roots circle of psychiatric survivors and people with disabilities dedicated to using theatre as a means of sharing their stories, was awarded with an ACE 'Impact' Award. "This award celebrates an arts organization that has made a significant contribution" (ACE, 2012) Congratulations to the Friendly Spike Theatre Band!



SPRING 2012 LAUGHING LIKE CRAZY PROGRAM

This 16 week workshop combines peer support with a humorous approach to life's challenges. Learn how to write and perform your own original stand-up comedy routine based on experiences with the mental health system and your recovery journey. Perform in our public showcase in August 2012. No previous comedy experience necessary!

Facilitated by Emma Wedge Ardal, Program Director

Thursdays from April 26 – August 9 at 6 – 9 pm

Mood Disorders Association of Ontario, 36 Eglinton Avenue West, Suite 602 (1 block west of Yonge & Eglinton) Wheelchair Accessible

Application deadline is Friday, April 13, 2012. There will be a brief telephone interview.

Contact Emma Wedge Ardal: laughinglikecrazy@gmail.com 416-486-8046 647-856-4475

<http://www.mooddisorders.ca/event/laughing-like-crazy-comedy-showcase-0>

UPCOMING WEBINAR: WRAP® FOR THE EFFECTS OF TRAUMA WITH MARY ELLEN COPELAND

March 22, 2012 from 2-3pm EST

Author, educator and mental health advocate, Mary Ellen Copeland, PhD, will be hosting this webinar on how to frame a personal Wellness Recovery Action Plan for healing from the effects of trauma.

Dr. Copeland's own acceptance of trauma as the basis for her mental health difficulties has changed her path. In this webinar, she will share with you many of the skills and strategies that have been helpful to her in her recovery.

This webinar is an adaptation of the basic WRAP program for people who recognize or suspect trauma to be the cause of their mental health difficulties. This webinar will contain lots of information and examples that are specific to addressing issues related to trauma, with information from people who are working on their wellness and recovery.

For more information about the webinar and to register: <https://www1.gotomeeting.com/register/425475041>

For more information about WRAP website: <http://www.mentalhealthrecovery.com/>

ANTI-PSYCHIATRY LECTURE SERIES

Don Weitz presents a talk on "Mental Patients", "Mental Illness" and "Mental Health" in the Canadian Media: Case Studies in Bias and Bigotry. The lecture is free.

Fri 30 from 7 – 8:30 pm. OISE, Room 3311 dweitz@rogers.com

Sponsored by: Alumni for a Free U of T

JIM GOTTSSTEIN LECTURE ON PSYCHIATRIC DRUGGING OF CHILDREN AND THE ELDERLY

Jim Gottstein's guest lecture at Alaska Pacific University, February 22, 2012, on psychiatric drugging of children and the elderly is available on YouTube. Gottstein is the Alaskan survivor/lawyer who exposed Eli Lilly's cover-up of zyprexa's diabetes link. <http://www.youtube.com/watch?v=y> www.psychrights.org

PROGRESS PLACE 3RD ANNUAL HEALTH AND WELLNESS FAIR "A RECIPE FOR WELLNESS"

Wednesday, March 28th from 2:00 – 4:-00 pm.

576 Church Street (intersection of Church and Wellesley)

416-323-0223

Come out visit booths from various agencies and sample healthy snacks!

PSYCHIATRIC SURVIVOR ARCHIVES, TORONTO ARCHIVAL ORIENTATION SESSION

Thursday, March 29 from 4 - 6 pm

Mel Starkman, archivist of the Psychiatric Survivor Archives, Toronto, invites psychiatric survivors and other volunteers interested in our history, to be trained in archiving. Our initial training meeting will be held on Thursday, March 29 from 4 to 6 pm at Parkdale Activity and Recreation Centre, 1499 Queen St. West (west of Lansdowne Avenue). For more information please email Mel at meliqstarkman@yahoo.ca.

STAYING WARM

According to the Toronto Municipal Code, Section 497-2, Minimum Temperature: A landlord shall provide heat to a dwelling unit that is rented or leased and that is normally heated at the landlord's expense so that a minimum air temperature of 21 degrees Celsius is maintained in all areas of the dwelling unit from the 15th day of September in each year to the 1st day of June in the following year. If your unit is not warm enough and your landlord is not cooperating, you can get help by calling Access Toronto at 416 338-0338 to find out your ward number by address and Municipal Standards can help.

RESEARCH STUDY ON YOGA FOR TRAUMA SURVIVORS

Do you experience flashbacks, problems sleeping, anxiety and/or severe distress? If you are over the age of 18 please join us for an 8 week research study on Yoga for post-traumatic stress. The yoga in this study is easy to learn and does not require flexibility or physical fitness. Participation will require a screening and assessment, 8 weeks of classes and completion of questionnaires and interviews.

Next 8 week session begins: March 21, 2012. For information please call: (416) 934-4524

Email: farah.jindani@utoronto.ca

Ontario Institute for Studies in Education, University of Toronto

TARDIVE DYSTONIA SUPPORT GROUP

Do you suffer from painful muscle spasms and possibly disfiguring muscle twisting affecting any part of the body, but commonly involving eyelids, neck, limbs and feet? You may have Tardive Dystonia, which is a possible side effect of anti-psychotic medication.

You'll need to have your doctor refer you to see a neurologist, specializing in Tardive Dystonia, at the Movement Disorders Clinic, Toronto Western Hospital.

Should you receive a diagnosis of Tardive Dystonia, you may seek helpful information at the Tardive Dystonia Support Group. Call Wendy Paul, 416-789-0154. The Dystonia Medical Research Foundation (Canada) 416-488-6974 can also provide up-to-date information. You can visit their website at www.dystoniacanada.org.



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.

Financial Matters

WOODGREEN FREE DEBT MANAGEMENT CLINIC

Meet one-on-one with a financial expert who can help you tackle your financial problems, answer your basic financial questions and reduce the stress of being in debt.

Saturdays on March 24 & 31, April 14 & 28, May 12 & 26, June 9, 23, & 30 from 11 am – 2 pm
815 Danforth Avenue, 2nd floor (near Jones Avenue)

All are welcome. Services are free and confidential.

Book your appointment (some walk-ins available): 416-645-6000 x 1336 or debtclinic@woodgreen.org

ONTARIO SOCIAL ASSISTANCE INTERVIEWS ON "THE AGENDA"

You can watch these interviews online:

[The Agenda with Steve Paikin: Laura Cattari: Living on ODSP](#)

Laura Cattari wants to reform Ontario's social assistance program. She says it's unwieldy and difficult to navigate. And she should know, as she is an ODSP recipient. She shares her experience with Steve Paikin.

[The Agenda with Steve Paikin: Crystal Murphy: The Caseworker Perspective](#)

Crystal Murphy has been an Ontario Works caseworker in Toronto for almost a decade. She tells Steve Paikin what she believes would help transform social assistance.

[The Agenda with Steve Paikin: Overhauling Ontario's Social Assistance](#)

Frances Larkin and Munir Sheikh were tasked with looking over Ontario's social security system. They join Steve Paikin to discuss the findings from their second discussion paper.

Employment Matters

PROGRESS PLACE SEEKS WARM LINE SUPPORT WORKER

Applications are now being accepted for a Warm Line Support Worker for the Progress Place Warm Line.

We are seeking consumer/survivors to provide telephone peer support. The position will be part time, one to three evenings per week from 8 pm to midnight. Applicants for this position should have: six months of employment, volunteer or educational experience in any field within the past year; demonstrated interest in the helping field; flexibility and the ability to work under pressure. There will be a training period for this position.

Please send a resume and/or letter of interest by March 16, 2012 to the Warm Line Hiring Committee c/o Trish Proctor at Progress Place, 576 Church Street, Toronto, Ontario, M4Y 2E3 Fax: 416-323-9843

KALI- BLACK MEN'S HEALTH STUDY SEEKS PEER RECRUITERS

This study will help us understand a number of important infections – including STIs – that can affect the health of Black men living in the Greater Toronto Area (GTA). The goal is to enroll 500 black men living in the GTA to take part in the study. It is expected that the majority of these men will be enrolled by peer recruiters.

We are looking for people who:

- Are of African or Caribbean origin
- Are interested in contributing to better research and health programs in their community
- Have excellent communication skills – Good oral skills, ability to relay information, confident speaker, friendly outgoing manner
- Are at least 16 years old
- Relate well to people
- Non-judgmental acceptance of alternative perspectives and lifestyles
- Can attend a one day training program
- Are contactable by phone
- Are reliable and organized
- Have completed high school

Main Tasks of a Peer Recruiter:

- Seeking out potential research participants
- Providing them with verbal and/or written information about the research
- Answering questions about the research
- Obtaining their contact information

Peer recruiters will be compensated. If you are interested in becoming a peer recruiter or would like further information, please contact Jamie, the Research Coordinator, by telephone at 416-593-7655 x4973 or 416-979-5355 or by email at kalistudy@gmail.com.

SOUND TIMES SEEKS COMMUNITY SERVICE WORKER

Sound Times is funded by the Toronto Central LHIN to provide individual supports, social support, educational, recreational and employment opportunities to consumers of mental health services and psychiatric survivors. We are funded as a peer initiative and **preference is given to applicants who have personal experience as users of the mental health and/or addiction systems.**

Responsibilities:

Maintain an environment that emphasizes a collaborative working relationship with the members of Sound Times

Identify members' needs and aspirations

Assist members in gaining the skills, resources and information necessary to make choices for services and supports

Proactively advocate for and assist in accessing entitlements, services and supports of the member's choosing

Maintain effective working relationships with mainstream community mental health services, institutional/hospital sector services, criminal justice services and addiction services

Participate in outreach

Qualifications:

A degree or diploma in the social services field

Minimum of three years experience working in a social service setting

Demonstrated experience in working with consumers and survivors who are substance users and/or who have come into contact with the criminal justice system

Working knowledge of community resources, income entitlements and the institutional sector

A commitment to working with a team dedicated to innovative approaches to service and support

An ability to work in an unstructured environment that demands flexibility, resourcefulness, commitment, an outstanding sense of humour and a deep appreciation for the struggle of the consumer/survivor movement

Application deadline: March 27, 2012 Apply in confidence to: admin@soundtimes.com

REMINDER: FINAL INFORMATION SESSION FOR PREFER

Peer Recovery Education for Employment & Resilience is now accepting applications 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.

The final information session will be held on Tuesday March 27, 2012 from 3 pm – 4 pm at Houselink Community Homes Drop-in, 805 Bloor Street West. Wheelchair accessible

Please let us know you are coming by leaving your name and contact information at e.carvalho@krasmancentre.com or 905-780-0491 x125 (Toll-Free: 1-888-780-0724)

Newsbytes

Health Canada Warning. Health Canada is advising Canadians not to buy an unregistered, highly toxic pesticide product being imported from China and sold in various retail outlets as "insecticide chalk." The product is sold under names such as "Miraculous Insecticide Chalk," "Insecticide Chalk," and "Cockroach Chalk." For more information: http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/_2012/2012_22-eng.php

The Ontario Court of Appeal has ruled that Zeljko Gligorevic is the victim of a miscarriage of justice because he was denied effective legal representation at a hearing before the province's Consent and Capacity Board. The hearing was to determine whether he has the right to refuse anti-psychotic drugs. The decision supports the right of a person diagnosed with mental illness to challenge their lawyer's performance. Read the complete article published February 21, 2012 in the Star. <http://www.thestar.com/news/article/1134817>

In her March 5 column, Star Columnist Heather Mallick criticizes the Ontario government's province-wide changeover from OxyContin to OxyNEO, scheduled for April 3 this year. She says the "lonely fast withdrawal" caused by the sudden switch to OxyNEO will cause suffering for people addicted to OxyContin, including "panic attacks, vomiting, violent cramps, muscle pain and fever." Read the complete article at <http://www.thestar.com/news/article/1140468>.

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

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

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

ART

Sat 24 – Sun 25 from 10 am – 5 pm. The **Art Guild of Scarborough's 50th Anniversary and Spring Art Show**. 300 works of art in a variety of styles and media. Centennial Recreation Centre, 1967 Ellesmere Rd. Joy MacFadyen at 416-431-9442 <http://theartguildofscarborough.com/events.html> FREE

Sat 24 & Sun 25. **Sun Series - Bringing Art to the Public Forum.** Artist in Residence Césan d'Ornellas will be painting live in the gallery with a live telecast in the front window. Speak with the artist at our Meet & Greet on Sunday 25 from noon – 5 pm. Petroff Gallery, 1016 Eglinton Avenue West 416-782-1696 www.petroffgallery.com FREE

The Toronto Public Library is accepting applications from artists to exhibit hanging art at 12 library branches across the city. The application deadline is: March 30, 2012 [Art Exhibit Space](#)

CONFERENCE

Sat 31 from 10 am – 5 pm. **Pleasure and Possibilities!** A Community Sexual Health Conference for LGBTQ Women. Planned Parenthood Toronto, in partnership with Women's Health in Women's Hands, the 519 Church Street Community Centre and Sherbourne Health Centre. Sherbourne Health Centre, 333 Sherbourne St. Cindy Weeds: 416-961-0113 x123 or cweeds@ppt.on.ca www.pleasureandpossibilities.com FREE

DANCE

Sun 25 at 2 pm. **The Calm Before...** investigates the fear, fight and success of the human condition in the face of unpredictable darkness. The furious movement draws on multifaceted cultural roots of urban (b-boying), Asian, and western dances, a unique expression of a Canadian heritage. Enwave Theatre, 231 Queens Quay West 416-551-1642 www.chimeraproject.org Sunday matinee is PWYC

Ongoing. Saturdays at 3:30 – 5:30 pm and 5:30 – 8 pm. **Salsa Dancing.** Weekly gathering of salsa dancers of all levels. Diverse, friendly, well-lit, alcohol-free - and cheap! There is no formal instruction; instead, we help each other improve our dancing - or we just dance for fun. Trinity St. Paul's United Church, 427 Bloor St. West Jim Gronau at 416-536-7663 <http://www.torontosalsapractice.com/> \$5 per session

FILM

Wed 21 from 4 – 6 pm. Free Favourites at Four: **Shameless: the ART of Disability.** Intimate portrait of five surprising individuals. *Shameless* marks Bonnie Sherr Klein's return to a career interrupted by a catastrophic stroke in 1987. NFB Mediatheque, 150 John Street 416-973-3012 www.nfb.ca/mediatheque FREE

Sun 25 from 1:30 pm - 4 pm. **Portuguese Canadians on Screen.** A plethora of short films and videos will be presented as the official closing event of the Proud to be Portuguese Canadian Conference & Cultural Festival 2012. National Film Board, NFB Mediatheque, 150 John St. (at Richmond St. W) (Osgoode subway station). www.portuguesecanadian.com PWYC

GARDENING

Sat 17 from noon – 4 pm. **Scarborough Seedy Saturday.** Presented by Live Green Toronto and EcoSpark. Exchange seeds, buy heirloom and organic seeds and learn about gardening from Toronto Master Gardeners, attend a workshop on all season growing and “Eating off your Balcony”! Displays include seed vendors, worm composting, bee products, backyard gardening, local community groups, garden associations and eco/nature groups such as Rouge Park, the TRCA and the North American Native Plant Society. And meet environmental organizations with stewardship opportunities in Scarborough! Heron Park Recreation Centre, 292 Manse Road 416-691-5173 www.tcg.ca PWYC

MUSIC

Thursdays at 12:10 pm from now until June 28. **Lunchtime Chamber Music** presented by [Nine Sparrows Arts Foundation](http://www.ninesparrowsartsfoundation.ca) & [Christ Church Deer Park](http://www.christchurchdeerpark.org). Come hear established artists and rising stars. Bring your lunch and enjoy! Christ Church Deer Park, 1570 Yonge St. 416-241-1298 www.christchurchdeerpark.org FREE

Ongoing. **Canadian Opera Company's Free Concert Series.** Experience diverse artistic programming in one of Toronto's most exciting cultural hubs. Admission is on a first-come, first-served basis. Arrive early as late seating is not available. Four Seasons Centre for the Performing Arts, Richard Bradshaw Amphitheatre, 145 Queen Street West www.coc.ca/Performances All performances are FREE

- ♪ Tues 20 from noon – 1 pm. **Northern Landscapes: Art Songs of Scandinavia.** Artists of the University of Toronto's Faculty of Music perform an intriguing selection of art songs from Denmark, Norway and Sweden.
- ♪ Wed 21 from noon – 1 pm. **Mussorgsky's Pictures at an Exhibition.** Award-winning Russian-Canadian pianist Alexander Seredenko showcases his passion and virtuosity.

- ♪ Tues 27 from noon – 1 pm. **Tango! Homage to Astor Piazzolla**. The sizzling Ensemble Vivant perform tunes from their recent CD. A Toronto premiere of Fuga con Pajarillo by the late Aldemaro Romero, an influential Venezuelan composer.
- ♪ Thurs 29 from noon – 1 pm. **Bach and Harbison**. The two piano sonatas of John Harbison, one of today's most important composers, are paired with selections from Bach's Partita No. 4. McCullough discusses the influence of Bach on Harbison's composition and offers some fascinating insights based on his own work with Harbison.

SUPPORT

Join a **WRAP (Wellness Recovery Action Plan) Toronto Meetup Group** at <http://www.meetup.com/WRAPToronto/> FREE

Sunday, April 1 from 1 – 3 pm and runs for 9 weeks. **New LGBTQ Newcomer Group: EMERGE**.

Have fun while you learn about your local community, build strong social networks, and gain more information about living in Canada. The 519 is happy to announce the latest LGBTQ newcomer group, EMERGE! This group will be led by other LGBTQ newcomers. Eligible participants must be LGBTQ permanent residents, convention refugees, or live-in caregivers. BREAKTHROUGH is a volunteer network that organizes social and educational events for LGBTQ newcomers to connect in Toronto. We host events the last Friday of every month at The 519. Each event features a guest speaker and a resource table organized and staffed by knowledgeable 519 volunteers and 'Settling In' staff. You must attend our Information Session on March 18 at 5 pm at the 519 to join EMERGE. breakthrough@the519.org Lisa: lgore@the519.org or 416 355 6791 | Benjamin: bbongolan@the519.org or 416 355 6789 519 Church St. FREE

TALKS

Thurs 22 from 6:30 – 8:30 pm. **Diabetes, Sodium & Fat, Oh My!** Presented by Canadian Diabetes Association. Learn about high blood pressure & cholesterol with tips on prevention and management. Toronto Rehab, Main Lecture Theatre, 347 Rumsey Road. Register by March 19. Anne Le Quang at 416-408-7145 or anne.le-quang@diabetes.ca FREE

Tues 27 from 2 – 3 pm. **Introduction to Naturopathic Medicine**. Barbara Weiss, Doctor of Naturopathic Medicine and Certified Bowen Therapist, introduces you to naturopathy. Barbara Frum Library, 20 Covington Road www.torontopubliclibrary.ca FREE

STORYTELLING & READINGS

Sun 18 at 3 pm. **Mosaic Storytelling Festival for children and adults**. Stories from the Caribbean, Persia, India, North America told by some of Toronto's best storytellers. St. David's Anglican Church, 49 Donlands Rd. Trish O'Reilly at 416-466-3142 www.stdavidstoronto.ca/mosaic/mosaic.html PWYC \$5 suggested

Fri 30 at 7:30 pm. **Public reading of a new 2-act play "Claret & Amber."** The play explores an imagined encounter at a CP hotel between Lucy Maud Montgomery and Emily Carr. Berkeley Street Theatre, 26 Berkeley St. Susan Shillingford at 250-931-3221 www.whistlingfishproductions.com by donation

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

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