

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

BULLETIN

April 1- 15, 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/>

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
1499 Queen Street West; PARC (Queen & Sorauren)

April 11 – York Region – 3:30 - 5:30 pm
10121 Yonge Street; Krasman Centre (Yonge and Arnold Crescent)

April 12 – East Toronto – 2 - 4 pm
2174 Danforth Avenue; Danforth Mennonite Church (Danforth and Woodbine)

Refreshments and transit provided.

TO RSVP: 416-535-8501 x 3013 or improveaccess2012@gmail.com

Hey Bulletin Readers, Every now and then, we put in announcements of research studies for the information of our subscribers. We aren't endorsing these studies; we are providing the announcements so you can choose whether or not to participate. When we did a survey of our readers few years ago, the majority of responders said you wanted to hear about research going on and decide for yourselves about participating. So, here's one about the possibility of reducing medication. Helen



ARE YOU AGE 50 OR OLDER AND HAVE A DIAGNOSIS OF SCHIZOPHRENIA OR SCHIZOAFFECTIVE DISORDER?

If yes, you may be eligible for a research study that involves dose reduction of your antipsychotic medication with careful monitoring.

This study will also involve brain imaging procedures.

We are looking for individuals who: 1) are taking Olanzapine or Risperidone; 2) are age 50 or older; 3) are not using any street drugs; and 4) have been well for at least 12 months.

For more information, or to find out if you are eligible, please call 416-535-8501 x 7392

COMPENSATION PROVIDED

CAMH provides other treatment options for mental illness or addiction.

For more information, visit www.camh.net or call CAMH at 416-535-8501
CAMH is a Pan American Health Organization/World Health Organization Collaborating Centre
affiliated with the University of Toronto.

OUR NEXT C/S INFO WORKSHOP

Tenant Rights

Join the Consumer/Survivor Info Centre on **Monday, April 30** from 10:00 to 11:30 am for a free workshop on Tenant Rights. Parkdale Community Legal Services will be here to give us a presentation and 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 or csinfo@camh.net

MAD PRIDE COMMITTEE

The next Mad Pride Organizing Committee meeting will be Monday, April 2 from 4 – 6 pm at Sistering. Sistering is located at 962 Bloor Street West. It is near the Ossington subway station - one block west of the Delaware exit. Accessible. All welcome. For more information or to join the Mad Pride email list, contact madpridetoronto2012@gmail.com.

A NEW GROUP FORMING

- Have you ever filled out an LGBTQ and/or “mental health” survey and wished you could connect with the other participants?
- Have you ever searched fruitlessly for an LGBTQ-Mad peer support group?
- Have you ever craved insider tips on navigating healthcare, legal, and/or education systems as an LGBTQ-Mad person?
- Have you ever wanted to attend LGBTQ-Mad Pride?

[Just as LGBTQ* is an acronym for lesbian, gay, bisexual, transgender/transsexual, queer people that keeps growing and is often used as an umbrella term, Mad people may identify with the C/S/X (consumer/survivor/ex-patient) movement, as psychiatric survivors, consumer/survivors, consumers, users or as people in recovery or people with lived experience, with mental health issues or mental illness, with mental health/psychiatric histories or experiences with mental health/psychiatric systems, with mental health or psychosocial disabilities... Sometimes we reclaim words like crazy, lunatic or mad.]

A collection of LGBTQ-Mad folk around Toronto/Hamilton have been gathering together to develop relationships and (maybe, possibly) think about organizing an event for LGBTQ-Mad Pride in July 2012. This “NOS” (“Not Otherwise Specified”) group/community/network is currently unlabelled and we invite LGBTQ-C/S/X/Mad folks (however you identify – from Asexual to X-patient) to connect with us via an email discussion listserv. Our first order of busyness: choosing a name.

For more information or to join, email Alisa at alisa.dasa@gmail.com or request a listserv invite at <http://groups.google.com/group/Not-Otherwise-Specified?hl=en>.

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

ART INSPIRED BY A PSYCH HOSPITAL – A REVIEW – HELEN HOOK

This fantastic show might be old news to some of you, but I was recently pointed in the direction of a quite spectacular art installation commissioned in 2003 for the closure of the Massachusetts Mental Health Center. The artist, Anna Schuleit, worked with the idea that patients of psychiatric hospitals hardly ever receive visitors bearing flowers. She filled corridors of the hospital with over 28,000 flowers - living potted plants - and for four days the community could come in and witness this. She also took photos of her work. The result is called "Bloom" and can be seen by going to the website www.1856.org/bloom/main.html or the website for Colossal, which also features a great article with amazing photos from the exhibit.

(<http://www.thisiscoLOSSAL.com/2012/03/bloom-28000-potted-flowers-installed-at-the-massachusetts-mental-health-center/>)

The artist explains: "After four public days of 'Bloom', the building was closed for good and we delivered all twenty-eight thousand flowers to shelters, half-way houses, and psychiatric hospitals throughout New England—which is why I didn't want to work with cut flowers. I wanted these flowers to continue onward, after the installation. 'Bloom' was a reflection on the healing symbolism of flowers given to the sick when they are bedridden and confined to hospital settings. As a visiting artist I had observed an astonishing absence of flowers in psychiatric settings. Here, patients receive few, if any, flowers during their stay. 'Bloom' was created to address this absence, in the spirit of offering and transition."

Wait 'til you see these pictures. I hope you agree with me that they are very special and worth the visit to the website. And for those for whom this is old news, it might be worth another look. HH

MAD STUDENTS SOCIETY (MSS) welcomes new members!

MSS is a group of/for students who are attending or planning to attend post-secondary or adult education institutions and have past/present experiences with psychiatric/mental health systems. We meet monthly (in downtown Toronto, North York, and Hamilton - with a real-time online chat coming soon) to support each other and talk about concerns we share. We also communicate through an email listserv that is open to members living anywhere in the world. Our next downtown Toronto meeting is Saturday, April 14 from 3:30-5:30 pm. For more information on meeting locations, joining the email listserv, requesting brochures, or about the group, please email Alisa at alisa@madstudentsociety.com. Visit our website at www.madstudentsociety.com or check us out on Facebook.

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 or 647-856-4475

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

TARDIVE DYSKINESIA RECREATION AND SUPPORT GROUP

We are starting a Tardive Dyskinesia Recreation and Support Group. If you have or know of people with Tardive Dyskinesia who you think may benefit from a supportive recreational environment, please contact us.

We have a space for this group to meet at 650 Queen East, and we're thinking of different physical activities, like bowling, dancing, yoga, charades, mime, theatre improv, etc, in addition to talking! We have not yet reserved a time for this group to meet, as we have several options, and first want to hear back from people with interest.

Tardive Dyskinesia is a neurological disorder usually resulting from use of prescribed antipsychotic medication, which is characterized by repetitive, involuntary, purposeless movements, such as grimacing, tongue protrusion, lip smacking, puckering and pursing of the lips, and rapid eye blinking. People with Tardive Dyskinesia are stigmatized and experience social isolation and shame due to their involuntary movements.

Merv Doctorow, person with tardive dyskinesia mervdoc@gmail.com

Arno Lowi, Concurrent Disorders Specialist, **WoodGreen Community Services**, 650 Queen Street East
416-645-6000 x 1149 ALowi@woodgreen.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

LEAP Emergency Financial Assistance is a year-round program to assist low-income customers with their bill payments and electricity costs. LEAP is a grant program that provides emergency relief to eligible low-income customers who are experiencing difficulty paying already 'past due' bills. This grant is available to low-income residents who meet program criteria and who have: recently received a 'past due' Toronto Hydro bill and/or recently received a disconnection notice from Toronto Hydro. For more information about LEAP, visit www.toronto hydro.com/leap or one of 9 area phone numbers that you can get by calling C/S Info 416-595-2882

HOME ASSISTANCE Program for Homeowners and Tenants. This program is designed to help Toronto homeowners and tenants make their homes more energy efficient. An energy-efficient home uses less energy, making it easier for you to manage your costs. If you qualify, a HOME ASSISTANCE expert from Toronto Hydro will do an energy assessment of your home, and based on the results, install energy-efficiency upgrades at no cost to you. Eligibility for this program depends on your total household income, the type of home you live in and other benefits you've received in the past 12 months. To apply for this program call toll free to 1-855-234-9376 or visit www.toronto hydro.com/homeassistance to download the application form and get more information.

Employment Matters

JOB OPPORTUNITY at the Centre for Women and Trans People at the University of Toronto

TRANS INCLUSION GROUP FACILITATOR

WHAT IS THE JOB?

You will be hired to: Work as with the Centre collective and the coordinators to develop, coordinate and facilitate the Trans Inclusion Group at the Centre for Women and Trans People; Outreach to trans, genderqueer and Two-spirit folks in campus and in the community; Learn skills in anti-oppressive facilitation, coordination and communication

WHAT ARE THE HOURS & PAY?

- 5 hours/week for 28 weeks (starting late April, ending early October); \$15.37/hour (\$76.85/week)

WHAT DO I NEED TO DO TO APPLY?

Applications should include the following: An updated resume, a one page letter that answers the following question: What made you want to apply to this job?

SUBMIT APPLICATIONS TO:

By mail: The Centre for Women & Trans People at U of T, c/o Hiring Committee, 563 Spadina Ave., Room 100, North Borden Building, Toronto ON M5S 2J7

By fax: 416-978-1078 **By email:** thecentre.hiring@gmail.com **Or in person**

THE DEADLINE to apply is Thursday, April 12 at 5 PM. Interviews will be held on April 17-19, 2012.

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

Free and Low-Cost Events for April 1 - 15, 2012

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

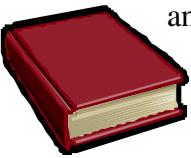
ART

Sun April 1 from 10 am – 3:00 pm. **Interconnecting Lives Art Exhibit.** Established Toronto painter Bisa Bennett and award winning Italian artist and architect Ernesto Graditi present their first collaborative exhibition “Interconnecting Lives”. Bisa Bennett states, “The harmony of nature and beauty as the key to happiness is our main focus. The collection explores the interconnecting relationship between natural and material elements and how they interweave to form an ideal world.” The paintings become a projection of the artists’ pursuit of happiness and their observation of the new perfect world, which encompasses a botanical element; a true imaginative architecture in a fairy tale setting. This theme runs through the collection despite the different styles and approaches taken by each artist. Leonardo Galleries, 133 Avenue Road. Info: Zoya Balija 416-924-7296 or info@leonardogalleries.com FREE

Thursday April 12 from 7:00 to 9:00 pm. **Expressions in Colour.** The opening reception for the Art Mimico show. The show runs until May 9th at The Assembly Hall, 1 Colonel Samuel Smith Park Drive. Monday to Friday Noon to 5:00 pm and Saturdays from 10:00 am to 1:00 pm. Info: Chris Edwards 416-245-7079 or cmjedwards@sympatico.ca FREE

BOOKS

Saturday April 14 from 9:00 – 11:30 am. **Giant Used Book Sale.** Hard cover, soft cover, fiction & non, DVD's and VHS, etc. Bring your heavy duty bags and stock up on your reading at ridiculously low prices. No textbooks. Wheelchair accessible, TTC routes Morningside 116 & Scarborough 86 stop at the door. Kingston Road United Church, 3739 Kingston Road, Scarborough. Info: Telephone 416-267-8265 or visit www.scarboroughbluffs.org. FREE



BUNNY FUN

Sat April 7 11:00 am – 2:00 pm. **Easter Celebration in Wychwood Heights.** Bunnies will be walking along St. Clair Avenue West between Bathurst and Christie, handing out Easter Eggs. Bring a basket to collect eggs. Bring your camera to have your picture taken with the Easter Bunny on the lawn in front of St. Michal and All the Angels Church at 611 St. Clair West at Wychwood. FREE

Sat April 7 and Sun April 8 12 noon – 4:00 pm. **Easter Traditions at Colborne Lodge.** Egg Hunt and Easter egg dyeing using natural dyes. Colborne Lodge is one of 10 historic museums in Toronto and is located at the south end of High Park, at 11 Colborne Lodge Drive, south of Grenadier Pond. Info: 416-392-6916 or clodge@toronto.ca \$3 for the egg hunt and \$1 for the egg dyeing.

BUSINESS WORKSHOP

Wednesday April 4 from 10:00 – 11:30 am. **How to Improve Your Website Content.** Learn five strategies to make your website content more customer-friendly. From understanding how people read online to sharing your expertise, let a literacy expert and website copywriter take you through what it takes to put your best foot forward online. An Enterprise Toronto event, presented by Alysha Dominico of Tangible Words. Toronto City Hall – Committee Room # 4, 100 Queen Street West. Info: 416-395-7416 or visit www.tangiblewords.com FREE

CHESS

Sunday April 1 from noon – 6:00 pm. **Agincourt Chess Club.** The Agincourt Chess Club meets Sundays from noon to 6 pm at L'Amoreaux Community Centre, 2000 McNicol Avenue at the northwest corner of Kennedy Road and McNicol Avenue. There are no tournaments, no fees and no teaching. Equipment is provided. Call founder Alex Knox at 416-493-0019 after 6 pm for full details. FREE

CONFERENCE - UPCOMING

Sat & Sun April 27 and 28. **Social Justice and Human Rights.** A cross-sectoral conference presented by ICS Centre for Philosophy, Religion and Social Ethics and co-sponsored by Emmanuel College of Victoria University in the U of T. For full details visit: www.conference.icscanada.edu ICS Centre for Philosophy, Religion and Social Ethics: 416-979-2331 x 247 or Toll free 1 888-326-5347.

DANCE

Wednesday April 11 from 11:00 am – 2:00 pm. **Slow Down then Hoedown.** Grab your cowboy boots and come over to Humber College Lakeshore Campus for a wild western-themed event. Chow down on FREE chilli, snacks and cool refreshments, and lasso yourself some prizes. Hosted by Humber's Public Relations students to educate people on the importance of moderate alcohol consumption, participating vendors include MADD and SmartServe. Humber Students Federation, "K Cottage", 3199 Lakeshore Boulevard West. Info: humberprmedia1c@gmail.com FREE

EXPOS

Saturday April 14 from 10:00 am – 9:00 pm. **Green Living Show 2012.** The Green Living Show is North America's largest green consumer show dedicated to educating the public about easy and workable solutions for leading a sustainable lifestyle. This event offers innovative products, demonstrations and ideas to help fuel the green economy. Health, wellness, home, automotive, business, décor, fashion and food are all showcased at the Green Living Show. Direct Energy Centre, 100 Princes Boulevard. Info: 416-988-7086 or visit www.greenlivingshow.ca. Free entry when you bring e-waste to recycle, \$15 if you don't.

Saturday April 14 from 10:00 am – 3:00 pm. **Fair Trade Fair.** Fair Trade Fair featuring a Fair Trade Café, serving locally grown and/or fairly traded foods. Global crafts and textiles, unique jewelry and clothes, fairly traded foods such as chocolate, coffee, tea, spices and nuts. Plus films and speakers on global economic justice issues. Donway Covenant United Church, 230 The Donway West. Info: 416-444-8444 or visit www.donwaycovenant.com. FREE

FILM

Thursday April 5 from 7:00 – 9:30 pm. **Blue Gold: World Water Wars** (90 minutes): In every corner of the globe, we are polluting, diverting, pumping and wasting our limited supply of fresh water at an exponential level as population and technology grows. The rampant overdevelopment of agriculture, housing and industry increase the demands for fresh water well beyond the finite supply, resulting in the desertification of the earth. **One Water** (22 minutes): Aimed at reaching people everywhere, across national and cultural borders, this award-winning version has been seen widely around the world at venues ranging from the United Nations headquarters in New York to open fields and small schoolhouses in villages of the developing world. Ralph Thornton Centre, 765 Queen Street East. Info: 905-897-7003 or visit www.ecologos.ca/waterdocs. FREE



Thursday April 12 from 7:00 – 9:30 pm. **Touched By Water & One Water.** Touched By Water (60 minutes): This documentary dives into the lush world of bathing. From the holiest rituals to fashionable leisure, the film looks at various bathing cultures, and explores our essential bond with water. Filmed in 13 countries, Touched By Water conveys our complex relationship with water, its sensual pleasure and spiritual renewal. **One Water.** See above. Ralph Thornton Centre, 765 Queen Street East. Info: 905-897-7003 or visit www.ecologos.ca/waterdocs. FREE

GARDENING

Wednesday April 11, 7:00 pm. **Riverdale Horticultural Society Meeting.** On April 11, The Riverdale Horticultural Society welcomes Ann and Bob Granatier to the Frankland Community Centre, 816 Logan Ave, at 7 pm to talk about irises and they will have some of their best to sell. FREE

MUSIC

Sunday April 1 from 1:00 – 4:00 pm. **Friends, Flowers and Music.** Friends of Centennial Park Conservatory invite you to an afternoon bound to awaken hibernating senses with sights and perfumes of the freshest spring blooms, along with uplifting sounds of The Humber College Jazz Trio, sponsored by The Duke Ellington Society. The Centennial Park Conservatory. Funds from the sale of refreshments and Conservatory gift cards support enhancements within the Conservatory. “Friends” is a small group of volunteers who enjoy spending time at the Conservatory organizing events and letting others know about this year round treasure. New members of the group are always welcome. 151 Elmcrest Road, Etobicoke. Info: Gay Evans 416-233-5775. FREE

- ♪ Sunday April 1 at 4:30 pm. Royal Conservatory. Glenn Gould School **Chamber Music Competition Finals.** Featuring performers from the Glenn Gould School. Koerner Hall, 273 Bloor Street West. 416-408-0208. FREE
- ♪ Sunday April 1 at 2:00. University of Toronto Scarborough. **Arts and Events: Spring Awakening I.** Featuring Concert Choir, Concert Band and String Ensemble. Rm.AC223, 1265 Military Trail. 416-208-4769. FREE
- ♪ Tuesday April 3 at 12:00 noon. Canadian Opera Company. **Chamber Music Series: Primitive Forces.** Saariaho: Graal Théâtre; Sherkin: Whirlwave (world premiere). Glenn Gould School New Music Ensemble, Brian Current, director. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. W. 416-363-8231. FREE
- ♪ Tues April 3 at 7:30 pm. U of T Scarborough. **Arts and Events: Spring Awakening II.** Featuring the UTSC Jazz Orchestra. Leigha Lee Browne Theatre, 1265 Military Trail. 416-208-4769. FREE
- ♪ Wednesday April 4 at 12:00 noon. **Canadian Opera Company. Vocal Series: Songs of Brahms and Zemlinsky.** Canadian Opera Company Ensemble Studio, Liz Upchurch, director. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. W. 416-363-8231. FREE

OUTSIDE FUN

Sunday April 15 1:30 – 2:30 pm. **Harbingers of Spring in the Valley** - An Outdoor Guided Walk. Presented by City of Toronto Museums. Location: Todmorden Mills Heritage Site, 67 Pottery Road. Refreshments after the walk. \$5.71 for Adults, Youth \$2.62, Child \$2.38, Senior \$2.62 all prices are plus tax.

QUILT SHOW

Sunday April 1 from 10:00 am to 2:00 pm. **Quilt Fever 2012.** This is a quilting show to share and inspire. Come and see the talent and skills demonstrated in our Gallery Displays of Etobicoke Quilters Guild member quilts. Relax in our Tea Room, browse through the Merchants Mall & our Members Boutique for handmade gifts, fat quarters, yardage materials, quilting books and magazines for sale. Door prizes and a raffle (\$2 for a ticket). Vote for your favourite quilts and learn about quilting and our Guild. This event supports our “Comfort Quilt” Program. We make and donate over 200 quilts a year to local charities. Neilson Park Creative Centre, 56 Neilson Drive, Etobicoke. Info: Donna Boksa 416-622-5294 or info@etobicokequiltersguild.com \$5

SINGING – YES, YOU!

Tuesday April 3 from 7:00 to 9:00 pm. **Shout Sister! Choir.** Abby Zottz is starting a chapter of Georgette Fry's women's community choir in Toronto South East. Abby is an actor and singer, half of the singer-songwriter duo "Two Roads Home" and is the founder of the celebrated a capella Renaissance trio "MadriGALS". Georgette Fry, an award-winning blues/jazz vocalist, started the first chapter of non-reading, non-auditioning choirs ten years ago in Kingston. She has created a relaxed and positive atmosphere, combining it with a wide range of pop music. This choir fills a need for inexperienced singers. Being allowed to sing with a choir for the first time is very powerful and joyful. Experienced singers find the repertoire and relaxed atmosphere a welcome change. Kingston Rd United Church, 975 Kingston Rd. Info Nancy Greig 613-453-6570 or manager@shoutsisterchoir.ca FREE

Tuesday April 10 from 7:15 to 9:45 pm. **Choralairs of North York.** Our repertoire includes pop, Broadway and folk songs. The Choralairs have been singing in nursing homes and seniors residences for 49 years. New members welcome. No auditions required. We rehearse at Earl Bales Community Centre at 4169 Bathurst Street on Tuesdays from 7:15 to 9:45 pm. Info: Sally 416-636-8247 or sally1@sympatico.ca FREE

Tuesday April 10 from 7:00 to 9:00 pm. **Canada Sings! / Chantons Canada! Toronto-Riverdale.**

Neighbourhood Sing-alongs. For the experienced, inexperienced and especially for those who were told they can't sing. Second Tuesday of each month. Various venues in the Riverdale neighbourhood. Come alone, with a friend, or bring the whole family. All ages are welcome. This month we're at St. John's Presbyterian Church, 415 Broadview Ave. Info: See the website www.canadasings.ca or 416-778-0796 or info@canadasings.ca FREE (donations welcome).

STORYTELLING & READINGS

Sun April 1 all day event. **2012 Toronto Festival of Storytelling.** This storytelling festival started on Thursday March 29th and today is the last day. It's an exploration of all things Canadian. Through stories that reveal our identity, we will explore our triumphs, contributions, struggles and growth as a nation. From our First Nations' origins and European influences of the past, to the more recent arrival of immigrants from Europe, Africa, the Caribbean, Asia and the Americas – our country and its identity is constantly being reshaped. You'll fall in love with the multi-dimensional story of our great nation after sitting at the feet of our homegrown and world renowned tellers. Ivan Coyote will work her magic with enchanting tales of the Yukon. Newfoundland and Labrador's Andy Jones of CODCO fame will leave you in stitches with his electric 'Jack' stories. Robert Seven Crows (Quebec) will share the secrets of nature and this country's indigenous people with his guitar and drum. For more information visit www.harbourfrontcentre.com and www.torontostorytellingfestival.ca or call the box office at 416-656-2445. Harbourfront Centre, 235 Queens Quay West. Tickets to some events are FREE and some run as high as \$50.

STRESS REDUCTION

Sunday April 1 to Monday April 7 from 7:00 pm – 9:00 pm. **Weekly Meditation.** The Toronto Meditative Inquiry Group hosts weekly meetings that include sitting and walking meditation, shared readings, and group dialogue. TMIG is not affiliated with any religion, and there is no liturgical aspect to our meetings. We welcome persons from all backgrounds and religious traditions. Meetings are held at the Centering Space, 59 Cambridge Avenue, steps from the Broadview subway station. Info: www.torontomeditativeinquiry.com. FREE

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.

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 to receive. If you don't have email you may receive it by regular mail through the generous support of 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 our funder, the Ministry of Health and Long-Term Care, C/S Info Staff, Volunteers or Board Members.

Mailing Address: C/S Info, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4



Thank you to those who have gone green and changed their subscription from mail to email. Please consider it, if you have access to a computer. H