

# BULLETIN

# 484 April 16 – 30, 2013

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.ca](mailto:csinfo@camh.ca) <http://www.csinfo.ca/>

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## **C/S Info Session: Low Income Retiring With John Stapleton**

April 29, 2013 1:30 to 3:30

CAMH, 1001 Queen Street West,  
Room B-40 in the basement of Unit 4.

- Maximizing your GIS (Guaranteed Income Supplement) when you are older.
- What you could be doing now to prepare for your old age, if you are a low income person.
- If you have any money to save now, what should you be doing with it?

John is an expert in this field. Two publications which he has written will be available at the Info Session. There will be plenty of time for questions.

Please call or email to register so we have numbers for refreshments.

Thanks,  
Helen

416 595-2882 or [csinfo@camh.ca](mailto:csinfo@camh.ca)

## Computer Tips by Martha, The Computer Gal

1. Keep everything up to date. Especially antivirus and antispyware, and Windows Updates.
2. Clean and defrag at least once a month
3. Uninstall unused programs
4. Best free antivirus <http://free.avg.com/ca-en/homepage>
5. Best free antispyware <http://www.superantispyware.com/>



Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spy ware scans and clean-ups, coaching in MS Office, PhotoShop, etc. She can be reached at [gandier47@hotmail.com](mailto:gandier47@hotmail.com) or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at 416 595-2882 and we'll email Martha for you and then she'll call you.

## From Poverty to Power - Racial Justice, Making Change

### Colour of Poverty / Colour of Change presents its 2nd Provincial Forum

**WHEN:** Monday April 29 from 6:00 pm to 9:00 pm and Tuesday April 30 from 9:00 am to 5:00 pm.

**WHERE:** Oakham House - Student Campus Centre, Ryerson University, 55-63 Gould Street, Room SCC 115 - see - <http://ryersonstudentcentre.ca/section/20>

Join us on Monday April 29 from 6 pm to 9 pm for a welcome to the conference, guest speakers, poetry performances and reception. Then, on Tuesday April 30, join us for the all day learning and strategy forum with guest speakers, roundtable discussions and issue focused strategy sessions. Breakfast and lunch will be provided.

Roundtables will include -

- o Intersectionality of oppression and
- o Political Participation and Representation

Issue focused strategy sessions will include the following topics -

- o Employment Equity
- o Income Security
- o Colours of Politics
- o Criminal Justice and Policing
- o Immigration Policy and the Changing Face of Canada
- o Federal Fiscal Policy
- o Education - Access and Opportunities

Everyone welcome! Free, but please register to reserve your spot soon, click here -  
<http://www.eventbrite.com/event/5698626746>

If you hope to attend from outside of the Toronto area and in order to do so would require accommodations, please contact May Lui, Forum Coordinator - [frompovertytopower2013@gmail.com](mailto:frompovertytopower2013@gmail.com) or call and leave us a message at – 416 966-3882 - we'll see if we might be able to help !!

**Women's Own Withdrawal Management Centre** offers a 28 day program supporting women with substance use issues. We offer meditation, psychoeducation and life skills groups, individual counseling and auricular acupuncture. Women can self refer. There is no waiting list. Our service is available Monday to Friday from 10:00 am to 3:00 pm and meals are provided. A phone assessment will be done and an intake date will be set once the phone assessment is completed. Our number is 416 393-9281 for more information. It is free; it is for women who have addiction, with or without mental health issues. Women's Own is a program of Toronto Western Hospital, University Health Network.

## Mad Pride

**REMINDER: Submissions to Mad Pride Toronto 2013 are due Friday, April 26th. Please see the April 1st edition of the C/S Info Bulletin for further information or visit [www.madprideto.com](http://www.madprideto.com).** Mad Pride Toronto 2013 will run from Monday, July 8th to Sunday, July 14th.

Do you want to host a consumer/survivor-driven event, performance, talk, presentation, film, or panel discussion at Mad Pride Toronto 2013? Please let us know via our event submission form – which will be available on our website at [www.madprideto.com](http://www.madprideto.com) or by calling Tina at 416 926-9762 x 245. Contact: [events@madprideto.com](mailto:events@madprideto.com)

Do you want to submit to our second juried Art Exhibition? We invite two dimensional, sculptural, or time-based art submissions from psychiatric survivors, consumers, and mad people. Contact: Martine at [martinematthews@soundtimes.com](mailto:martinematthews@soundtimes.com)

If you are a consumer/survivor and would like to display/sell your art, crafts, buttons, t-shirts, knitting, zines, books, music, baked goods or promote your blog, website, group, network, idea, consider requesting a table at the Mad Market. Contact: [outreach@madprideto.com](mailto:outreach@madprideto.com)

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Do you want to help organize an event on madness and spirituality for Mad Pride Toronto 2013? Email Alisa at [banana.nut.crackers@gmail.com](mailto:banana.nut.crackers@gmail.com) or leave a voicemail message at 647 931-7563.

Do you want to help organize an LGBTQ/Mad Pride event? Email Alisa at [banana.nut.crackers@gmail.com](mailto:banana.nut.crackers@gmail.com) or leave a voicemail message at 647 931-7563.

**Join us to Make Art and send a message to the Ontario Government:**

### **"We need a stronger Social Safety Net!"**

Come out to this Workshop in Scarborough:

### **"STITCHING OUR OWN SOCIAL SAFETY NET"**

Friday April 26<sup>th</sup>, 2:00 – 4:00 pm

Birchmount Bluffs Neighbourhood Centre, 93 Birchmount Road (at Kingston Road)

This is a new provincial Advocacy Campaign organized by HOUSELINK and The DREAM TEAM

- Our art work will be added to other similar pieces from people from all over Ontario.
- The 'social safety net' we create will be presented to the Ontario Government in the coming months.

**EVERYONE WELCOME \* No Cost \* Snacks and TTC tokens available.**

To RSVP for this workshop, contact David Meyers at 416 396-7606. For more info on the project, contact Naomi from Houselink at: 416 516-1422 x 250.

### **Silent Killer: New video on plastics and breast cancer (Video)**

A short video by Operation Maple explains clearly some of the recent ground-breaking research in Canada linking women who work in plastics manufacturing with higher rates of breast cancer.

Featured are Robert DeMatteo and James Brophy who, with Margaret Keith, partnered with The National Network on Environments and Women's Health (NNEWH) to study health risks of women working in the automotive plastics workers in the Windsor, Ontario region.

Watch the video on YouTube here: <https://www.youtube.com/watch?v=cf0hatjnYXI> Read more about the NNEWH research on our website: Women, Plastics and Breast Cancer.

## **PREFER Information Session**

Are you interested in learning more about **Peer Support** and **Recovery**? Are you thinking about getting more **involved in your community** or **working as a peer**? Come to an Information Session 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.

Wednesday May 1<sup>st</sup> 5:00 pm - 6:00 pm

Krasman Centre, 10121 Yonge Street, Richmond Hill

Thursday May 2<sup>nd</sup> 2:00 pm – 4:00 pm

CAMH, 1001 Queen Street West Training Room A, Toronto

More info? [www.cultureofrecovery.org](http://www.cultureofrecovery.org)

Tel: [905 780-0491 x 125](tel:9057800491x125)

Toll-Free: [1 888 780-0724](tel:18887800724)

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## **Peer Support and Pathways to Recovery Peer Support Groups**

\*Do you live in a Toronto Community Housing (TCHC) Building?\*

Did you know that there are peer support drop-ins in some of the TCHC buildings? Drop-ins are open for two hours a week.

see [www.cultureofrecovery.org](http://www.cultureofrecovery.org) for dates of new groups!

- 61 Pelham Park Gardens -- Mondays 3:00 pm - 5:00 pm \*new groups start Sundays!
- 220 Oak St -- Wednesdays 1:00 pm - 3:00 pm
- 200 Wellesley St. East Community Corner -- Mondays 4:00 pm - 6:00 pm

The Canadian Mental Health Association (CMHA) York Region is hosting their first annual community bike ride -**Ride Don't Hide on Sunday June 23, 2013**

The ride is a **20 km family/fun ride and a 60 km intermediate ride**. It will start and end at Upper Canada Mall in Newmarket. You can check out the ride website at <http://www.ridedonthide.com/> and select York Region at <http://www.ridedonthide.com/about/where-to-ride/> to see our page.

Proceeds from the ride will fund: **Youth Wellness**: Mental Health Promotion and Suicide Prevention education in schools across York Region and South Simcoe. **Support for Depression**, peer led support groups **Family Support that includes education and individual help in supporting a loved one**.

You can sign up to be a rider (\$30 registration fee), a virtual rider (unable to ride but want to fund raise), create a team, sponsor a rider, make a direct donation and volunteer. All help is welcome and appreciated.

For more information please contact: Jamie Yuen at CMHA York Region.  
[jyuen@cmha-yr.on.ca](mailto:jyuen@cmha-yr.on.ca) and 1-866-208-5509 ext. 2204



## **Inspirations Studio has moved to 2480 Dundas Street West!**

Come by and check our new space and see what the studio members are working on.

**Mark Your Calendars! Our next studio sale is May 10, 11 and 12. In June we'll be having a sale at Show Gallery, 978 Queen Street West.**

## **Getting on With Life and Its Challenges**

A Mental Health Support & Skill Development Program of **Regeneration Community Services** **Presents its Spring 2013 Workshop Series: Wednesdays from 1:30 to 3:30 from April 17<sup>th</sup> to June 19<sup>th</sup>.**

- April 17<sup>th</sup> Arts, Entertainment and You
- April 24<sup>th</sup> How Our Thoughts Affect Our Behaviours
- May 1<sup>st</sup> Balancing Your Life: healthy Eating & Physical Activity

Regeneration Community Services, 2238 Dundas Street West, Suite 307. Workshops are free and are on a drop-in basis. For more info – Sandra 416 703-9645 x 246 or Jennifer 416 604-0640 x 1052.

## **Social Planning Toronto research, leadership, and engagement prompt City Council action on shelter beds!**

After months of strong community activism and engagement, Toronto City Council voted 40-1 in favour of making the City's 172 flex beds and additional space available in response to the homeless shelter crisis. City staff people now have direction from City Council to open these spaces as needed with an aim of maintaining shelter capacity at 90% or less. City Council also voted to conduct a third party review of the shelter system to improve services and meet community need. Mayor Ford was the only member of Council to oppose the motion. These Council decisions will bring much needed attention to the shelter system to better support people who are homeless.

It wouldn't have happened without community support! Over 1,400 residents signed the petition urging City Council to open emergency shelter space - joining with dozens of anti-poverty activists, and 40 organizations that signed an open letter to City Council calling for additional space. Read about it:

Torontoist: <http://torontoist.com/2013/04/city-council-votes-to-increase-homeless-shelter-capacity/>

Toronto Star Editorial:

[http://www.thestar.com/opinion/editorials/2013/04/08/mayor\\_rob\\_ford\\_is\\_wrong\\_toronto\\_needs\\_more\\_shelter\\_beds\\_editorial.html](http://www.thestar.com/opinion/editorials/2013/04/08/mayor_rob_ford_is_wrong_toronto_needs_more_shelter_beds_editorial.html)

Toronto Star:

[http://www.thestar.com/news/city\\_hall/2013/04/04/toronto\\_council\\_tells\\_city\\_to\\_aim\\_for\\_more\\_homeless\\_shelter\\_space.html](http://www.thestar.com/news/city_hall/2013/04/04/toronto_council_tells_city_to_aim_for_more_homeless_shelter_space.html)

Toronto City Council minutes: <http://app.toronto.ca/tmmis/viewAgendaItemHistory.do?item=2013.CD19.1>



In honour of Mental Health Week May 6th - 11th

## Fat Kid Rules the World

May 11, 2013 7 pm

TIFF Bell Lightbox

350 King St West

Reitman Square

Tickets Available April 15th: \$12

Available online: <http://tiff.net/> by phone: 416 599-TIFF or at the TIFF Box Office

\*Tickets purchased for a cancelled November screening can either be refunded or exchanged for a ticket to this screening  
*"Affecting performances and effective storytelling are the hallmarks of Fat Kid Rules the World" — Variety*

*"It's an insightful, heartfelt story that doesn't avoid the harsh realities of human experience." — David Roark*

In this endearing and humorous award winning film, Troy Billings is seventeen, overweight and suicidal. Just as he's about to jump in front of a bus, he's saved by Marcus, a charming high school dropout/street musician. The two begin an uneasy friendship when Marcus enlists the musically challenged Troy to become the drummer in a new punk rock band.



## More Toronto Area Codes - 437 for Toronto and 365 for the GTA

The [North American Numbering Plan](#) was created in 1947 to simplify long-distance calling and make it possible for people to do without needing to go through an operator. Commonly referred to as area codes, NPA codes are assigned based on geography, except for a few special exceptions.

### The City of Toronto will now be served by **three** area codes:

**416:** This was the original area code assigned to Southern Ontario by the NANP in 1947. Over the years, other parts of Southern Ontario were given their own area codes and when the 905 area code was created in 1993 for the suburbs around Toronto, only the Metro Toronto area—which is now the amalgamated City of Toronto—was left with 416 numbers.

**647:** This second Toronto area code was added in March 2001 as an "overlay" to 416, serving the same area. With the addition of this area code, anyone calling locally in Toronto had to [dial all ten numbers](#).

**437:** Toronto's third area code was added in March 2013. It is another overlay number, and there is no geographic distinction between it and the 416 or 647 areas. All three numbers can be assigned within any part of the City of Toronto.

### GTA Area Codes:

The [Greater Toronto Area](#) is covered by three overlaid area codes just like Toronto, meaning GTA residents also need to dial all ten digits, even for local calls.

**905:** In 1993 the 905 area code was split from the 416 and phone numbers for those in the suburbs surrounding Metro Toronto were changed to begin with 905.

**289:** In June 2001, the 289 area code was created as an overlay with the 905. After this, those living in the Greater Toronto Area were also required to [dial all ten numbers](#), even when making a local call.

**365:** In March 2013 the new area code 365 was added as an overlay to 905/289. When new overlay numbers are added, they are not actually assigned to customers until the old numbers run out.

### When the Area Code Doesn't Matter

Although you usually need to dial all ten digits to make a call in Toronto or the GTA, you don't need to worry about area codes when calling one of the special 3-digit phone numbers such as 911 (in an emergency), or [311, Toronto's Municipal Information and Services hotline](#), or 211, the Community Information Line.

## Employment Matters

### Toronto Community Housing Corp. (TCHC) Summer Employment Fair

Saturday April 27, 2013 12 noon to 5:00 pm at 931 Yonge Street (Rosedale Subway Station)

Paid Internships! Jobs! On-Site Interviews! Networking! Workshops! Resources!

For info or to pre-register for a Blue Jays Baseball Academy Rookie League interview, email [economic-ops@torontohousing.ca](mailto:economic-ops@torontohousing.ca) or call 416 981-6300.

### Exciting Developments at Rise: 1st, our Event Lending program, 2nd, our Group Lending program.

#### Event Lending

Do you have an upcoming festival, fair or event where you would like showcase and sell your product? Access financing through our event lending program. The Event Lending program provides loans up to \$1000 that must specifically be used to pay admission to an event. An event is a convention, fair, trade show or festival where entrepreneurs rent space to showcase and sell their products/services.

This short term loan only requires a marketing action plan for the event. As the summer festival and event season approaches, we expect these loans will be in great demand. Contact us to find out more!

#### Group Lending

Do you want to be part of a group of entrepreneurs for business support and networking?

Rise works with community agencies to identify and form groups of entrepreneurs. The program delivers financial products to lending groups composed of 3-6 borrowers. Group members are encouraged to motivate,

support and learn from each other. Rise also hosts monthly group sessions with the group members and mentor.

The support system created through a group is an important source of resources for each member in the group. When entrepreneurs face questions or challenges with their businesses, they are connected to like-minded entrepreneurs who they can contact for support. Contact us to find out more!

For program-related inquiries, contact Sally Wilkie at: [sally@riseassetdevelopment.ca](mailto:sally@riseassetdevelopment.ca)

For all other inquiries, contact Narinder Dhami at: [narinder@riseassetdevelopment.ca](mailto:narinder@riseassetdevelopment.ca)

## Things To Do...

### Free and Low-Cost Events for April 16 to 30, 2013

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

#### Advocacy

April 18 4:00 – 6:00 pm. ARCH Disability Law Centre invites you to a presentation of the **History of the Disability Rights Movement and the Launch of the ARCH Public Library**. ARCH Disability Law Centre, 425 Bloor Street East, Suite 110. Please Note: ASL interpreters, real-time captioning and attendant services provided. If you require other disability accommodations or have special dietary needs, contact Theresa at ARCH by Thursday April 4, 2013. RSVP To Theresa at [scibert@lao.on.ca](mailto:scibert@lao.on.ca) This is a repeat announcement from the April 1<sup>st</sup> Bulletin. Tel: 416 482-8255 or 1 866 482-2724 TTY: 416 482-1254 or 1 866 482-2728

**April 23<sup>rd</sup> 6:30 to 7:30 pm.** Talk Out Loud with Fiona Crean. Fiona Crean, the City of Toronto's first Ombudsman discusses how her office supports residents' access to fair and equitable service. Bring a friend. Be informed. Be the Change. Refreshments generously provided by Etobicoke Youth Network. Everyone's invited. Come join us! Eatonville Library, 430 Burnhamthorpe Rd. Website: <http://www.torontopubliclibrary.ca> Phone: 416 394-5270. Free

#### Art

Ongoing to April 28<sup>th</sup> **Transformation with Fire**. For the last ten years the **Gardiner Museum** and the **Barbra Schlifer Commemorative Clinic** have partnered to offer an engaging series of Art Therapy groups for women who have experienced violence. Since 2003, clients of the Schlifer Clinic have worked with a professional artist ([Susan Low-Beer](#)) and an art therapist ([Suzanne Thomson](#)) in the Museum's clay studios to sculpt their trauma narratives in clay, transforming their pain and reconnecting with their resilience and strength. This partnership was established by former Director of Education, **Diane Wolfe**. In 2013 these Art Therapy groups will culminate in a landmark exhibition, *Transformation by Fire*, designed to raise public awareness about violence against women in a sensitive, informed and compelling way and to provide accessible and inspiring real life role models for anyone who has either experienced or witnessed violence. 111 Queen's Park. Free.

#### Collectors

April 16<sup>th</sup> 6:30 pm to 9:00 pm. **West Toronto Stamp Club**. The Club est. 1935 offers various activities relating to the collection & preservation of stamps. We are an affiliated chapter of the Royal Philatelic Society of Canada. Tonight's presenter, Frank Alusio, the club President, will take us through the evolution of Postal Stationary ~ preprinted postage stamp printed on cards. We welcome all visitors as well as new members. Look forward to meeting you. Contact: [Don.hedger@gmail.com](mailto:Don.hedger@gmail.com) or 416 621-9982. [www.westtorontostampclub.com](http://www.westtorontostampclub.com) Fairfield Seniors Centre, 80 Lothian Ave. Free

April 17<sup>th</sup> 6:00 to 9:00 pm. **Semi Annual Stamp Auction.** Sponsored by the North York Philatelic Society. At the Herbert H Carnegie Centennial Centre 580 Finch Ave W. (west of Bathurst St.) in the Skaters Lounge. Free Admission. Ample free parking. For more info please call Mike Turk 905 731-8380 Website: <http://sites.google.com/site/northyorkphilatelicsociety> [levatnyps@yahoo.com](mailto:levatnyps@yahoo.com) Free

April 20 10:00 am to noon. **Previously Loved Book Sale.** Earl Haig Public School Gymnasium. All community members welcome! Drop off your previously loved books outside of the Main Office at any time between April 8 - April 19. Then show up Saturday, April 20 between 10 am - 12 pm to buy lots of great books! 15 Earl Haig Avenue. All Ages. Contact: Hilary Gray Email: [hmckgray@gmail.com](mailto:hmckgray@gmail.com) Phone: 647 401-0629 Books for sale - free admission.

## Community Building

April 28<sup>th</sup> 4:30 to 8:00 pm. Celebrating May Day 2013. Build A Common Front Against Austerity and War! Speakers, Live Music, Poetry and Dance, Food and Refreshments. Organized by the United May Day Committee. Steelworkers Hall, 25 Cecil Street. Doors open at 4:30, program begins at 5:00. Free

April 29th 7:00 to 9:00 pm. **Trinity-Bellwoods Community Association Meeting**, at the Tampered Press, 256 Crawford St. Visit [www.trinitybellwoods.org](http://www.trinitybellwoods.org). Free

## Festival

April 21<sup>st</sup> 2:00 to 5:00 pm. **International Children's Day Festival.** Turkish Society of Canada is organizing International Children's Day event at Nathan Phillips Square with the support of City of Toronto. Children representing the cultural mosaic of Toronto will come together to perform their national dances and share their folk music. There are also many fun-fair activities such as clowns, face painting, popcorn and cotton-candy stations, a magic show and balloon sculpting, where children have the opportunity to interact with each other, enjoy the day and make friends all while being integrated to the cultural diversity found in Canada. Contact: Meral Altinada Email: [meralaltinada@yahoo.com](mailto:meralaltinada@yahoo.com). Nathan Phillips Square, 100 Queen Street West. Free

## Flower Lovers

April 21<sup>st</sup> 10:00 am to 4:30 pm. **African Violet Show and Sale.** If you love African violets, this is THE event for you! You will see stunning prize-winning violets. There will be rare and unusual violets and gesneriads as well as supplies for sale. Toronto Botanical Garden, 777 Lawrence Avenue East, at Leslie. \$2

## Karaoke

April 27th 7:00 to 11:00 pm. **Spring "Karaoke" Social**, in support of the South Riverdale Child Parent Centre at 765 Queen Street East in the Ralph Thornton Centre, second floor. Hosted by karaoke guru Mitch Jackson, admission is \$5 and includes hors d'oeuvres and snacks. There will also be a 50/50 draw; raffle prizes; and cash bar. Call 416 469-3776. \$5

## Music Lovers

April 28th 2:00 to 4:00 pm. **Chamber Sweets:** Presented by Long & McQuade Bloor New Horizons Band. Chamber Sweets is an afternoon of chamber music presented by small ensembles formed by members of the New Horizons Band program in Toronto. Twenty ensembles will play a variety of music, classical, jazz and pop. Afternoon tea and sweets will be served. Tickets: \$5 per person at the door. For more information, please visit [www.newhorizonsbloor.ca](http://www.newhorizonsbloor.ca). The Assembly Hall, 1 Colonel Samuel Smith Park Drive. \$5.00 each at door

## Nature

April 20th 9:00 to 11:00 am. **Bird Walk.** "Citizens Concerned about the Future of the Etobicoke Waterfront" is hosting a community bird walk, led by a local birder. Please meet at the south parking lot entrance. Colonel Samuel Smith Park. Colonel Samuel Smith Park Drive and Lake Shore Boulevard. West. All Ages. Website: <http://www.ccfew.org>. Free

## Recovery Talk

April 19 8:00 pm **Punk, Mental Health & Recovery**. A Talk/Presentation with Craig Lewis (aka Crusty Craig) Punk and Mental Health Activist. The Magpie Taproom, 831 Dundas Street West. Hosted by Erika Fenner, St. Stephen's Community House. [ferika@ststephenshouse.com](mailto:ferika@ststephenshouse.com) (w) 416 964-8747 x 231. FB event: <https://www.facebook.com/events/123116347865535/> \$3/ \$4.

## Science

April 18<sup>th</sup> 7:00 to 8:15 pm. **Extreme Planets: The Big, the Hot and the Ugly**. A guided exploration of some of the strangest planets in our galaxy, from giant fireballs to water worlds. With Lisa Esteves. There's a lot more out there beyond our own solar system. Part of "Passion for Astronomy" series. Drop in - no registration required. Richview Library, 1806 Islington Avenue. 416 394-5120. Free

April 24<sup>th</sup> 2:00 pm. **Big Bang**. There are many misconceptions about the Big Bang and the formation of the universe. Dr. Michael Reid clears up some of them. Deer Park Library, 40 St. Clair Ave E. 416 393-7657. Free

## Wellness

April 19<sup>th</sup> 11:00 am to 3:00 pm. **Healthy Living Fair**, presented by Christie Gardens, at Artscape Wychwood Barns, 601 Christie Street. The event, geared to those 55 plus, includes an art exhibit by residents of Christie Gardens, presentations, service providers, demonstrations, food sampling, seminars and a performance by Christie Chorale. Free

April 22<sup>nd</sup> 11:00 am to 2:00 pm. **Nutritionist in the House**. Community Centre 55 presents Sheila Ream, a certified nutritionist, (by appointment only). Call Evonne at 416 691-1113 x 222 to book your free half hour private consultation. Community Centre 55, 97 Main Street. Free

April 22<sup>nd</sup> 2:00 to 3:30 pm. **Laughter Yoga**. Find out the physical, emotional and social benefits of laughter exercises and yoga breathing, and how they can transform your life. This event is repeating. Register in person or by calling 416 394-5270. Eatonville Library, 430 Burnhamthorpe Road. Free

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**To subscribe to The Bulletin** call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at [csinfo@camh.ca](mailto:csinfo@camh.ca).

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