



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

# BULLETIN

# 506 April 1<sup>st</sup> – 15<sup>th</sup>, 2014

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4  
Phone Hours: M-F from 9-5 / Drop-in Hours: M-F from 9-4  
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## Save The Date

### Upcoming Events

**April 30<sup>th</sup> to May 2<sup>nd</sup>, 2014.** National Conference on Peer Support in Halifax, Nova Scotia. To register or find out more info visit: [www.psac-canada.com/NCPS](http://www.psac-canada.com/NCPS).

**Friday, June 13<sup>th</sup>, 2014** from 9:00 am – 4:30 pm (registration begins at 8:00 am). The Leadership Project - Psychosis 2.0: New Understandings and Effective Ways of Working With and Healing From Psychosis. [www.psychosis2.net](http://www.psychosis2.net) or Brian at 416 285-7996 ext. 227 [bmckinnon@alternativestoronto.org](mailto:bmckinnon@alternativestoronto.org). University of Toronto, Hart House, 1 Hart House Circle.

## Community Announcements

### Maytree Get Out The Vote Conference

**Tuesday, April 1<sup>st</sup>, 2014**

Are you interested in supporting community efforts to increase voter turnout in diverse, low-income communities?

When? Tuesday, April 1<sup>st</sup> from 9:00 am - 5:00 pm

Where? YMCA (20 Grosvenor Street)

Join other community-based leaders and activists who are committed to participating in get-out-the-vote efforts for a day of learning and sharing ideas.

The workshops will focus on:

- Understanding the challenges and the system
- Learning from good ideas about what works
- Learning new practical, hands-on skills and tools for canvassing and pulling voters to the polls

Register for free online: <http://www.mailoutinteractive.com/Industry/View.aspx?id=544015&q=7017845>

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## Webinars of Interest

### **The Social Aetiology of Mental Illness [SAMI] Training Program**

Live broadcasts take place on Tuesdays from 11:30 am - 12:30 pm EST (Toronto Time).

On Tuesday, April 8<sup>th</sup>, 2014 Dr. Farah Shroff, from the University of British Columbia will present "Seeking Mental Well-Being: a story of working class women in Northern England". This sociological study examines the lives of women who had many struggles such as putting food on the table, dealing with violence from their spouses, insecure housing and so forth. Their primary care physicians, hearing their situations, felt that treatment choices were limited and prescribed mood altering medications for many years. This is a story of a group of women who found each other in their mutual desire for a better life and what they did to attain it.

On Tuesday, April 15<sup>th</sup>, 2014 Dr. Jaemin Kim, SAMI Alumni and Project Coordinator at the Institute for Work & Health will present "The mental health of Korean transnational mothers". A recent migration trend from Korea is the transnational family arrangement where mothers migrate with children to English speaking countries while fathers stay in the home country. Mothers in those families may experience more challenges than other family members because they have to adjust to a new country, new parenting role, and family separation. But little is known about their mental health. This webinar will present a scoping review of the evidences in the literature on impact of transnational family arrangement and migration on the mental health of Korean transnational mothers.

Please join us! <http://knowledgex.camh.net/researchers/areas/sami/webinars/Pages/default.aspx>



### Announcing the 11th Annual Tangled Arts Festival April, 2014 Programme

Tangled Art + Disability – formerly Abilities Arts Festival – is proud to present the 11<sup>th</sup> annual Tangled Arts Festival set for April and May. Over the course of two months, the festival will showcase exclusive productions from the most cutting edge performing arts companies and artists from the disability community. From hip-hop music, to contemporary dance and avant-garde theatre productions, these performances will challenge, entertain and amaze audiences of all ages!

### Tangled Kids Fest! April 9<sup>th</sup> & 10<sup>th</sup>, 2014

April 9<sup>th</sup>: Noon - 3:00 pm

April 10<sup>th</sup>: 9:00 am - Noon

\*Same programming on both dates

Daniels Spectrum - Ada Slaight Hall  
585 Dundas St. East

\$5 Suggested donation per person

Pre-registration required.

Contact [katie@tangledarts.org](mailto:katie@tangledarts.org) for info about registration.

Every year, Kids Fest! engages a capacity audience of 600 children with and without disabilities from across the GTA with exhilarating performances by professional entertainers from the disability community.

### Krip-Hop Nation: Toronto April 12<sup>th</sup>, 2014

Doors at 8:00 pm

Oakham House  
63 Gould St.

\$10 General Admission  
\$5 Students/PWD

To buy tickets:

<https://guestlistapp.com/events/223959>

Krip-Hop Nation is a global movement of hip-hop artists with disabilities, founded by Leroy F. Moore Jr. This is Canada's first Krip-Hop Nation event, hosted by Moore himself. The performance will be entirely accessible including ASL interpretation, wheelchair ramps, captioning, and attendant care.

## YWCA Toronto – Choices for Living Support Group for Women

Spring groups begin on April 8<sup>th</sup> & April 9<sup>th</sup>, 2014

YWCA  
TORONTO

### Choices for Living

Women providing support, creating connections  
and building community since 1980.

Choices for Living offers support groups for women who want to explore mental health wellness, build skills and share knowledge to address loneliness, depression, anxiety, low self-esteem or other mental health issues.

Mapping the Journey to Wellness

Wednesdays: 10:00 am - 12:30 pm

Black Creek Community Health Centre  
2202 Jane Street (Jane & Wilson)

Women's Voices – Women's Choices

Thursdays: 10:00 am - 12:30 pm

Driftwood Community Centre  
4401 Jane St. Room 5 (Jane & Finch)

Choices for Living is a place where women can connect with other women, practice skills to reduce stress and share their strengths through discussion, expressive arts and body-based awareness practices.

For info call: 416 961-5446 ext. 261 or ext. 260 or visit: [www.ywcatoronto.org](http://www.ywcatoronto.org).

TTC provided | Wheelchair accessible | Groups are free

## Accessibility for Ontarians with Disabilities Act (AODA) Review Public Consultation Process

**Tuesday, April 29<sup>th</sup>, 2014**

An independent review of the Accessibility for Ontarians with Disabilities Act is currently underway. The Reviewer, Dean Mayo Moran of the University of Toronto Faculty of Law, looks forward to receiving your comments regarding the AODA. For more info or to comment visit: <http://aodareview.utoronto.ca/>.

There are three ways to participate: 1. "Live" in-person consultation sessions are being held in several cities across the province during March and April 2. Online/call in sessions 3. Send in a written submission

### 1. "Live" In-Person Consultation Session:

Toronto: **Tuesday, April 29<sup>th</sup>** from 9:00 am - 5:00 pm  
How do I participate? Open to the public. Registration is required. Please register at least 7 days before the event. More info regarding the sessions and the registration form can be found on the Reviewer's website.

3. If you are entering the room for the first time, follow the instructions under "first-time participants"

4. Enter your first and last name and location in the Username box (example, Pat Seed in Thunder Bay)

5. Enter the password provided on Reviewer's website PLEASE NOTE: A try-out session will be available for first-time participants. The goals of the tutorial is to:

\*Make sure your equipment will work in the virtual conference room

\*Show you the features of the room to enable your full participation

\* Let you know how to access the captioning feature  
Try-out Dates and Times

Where: Auditorium 1

When: Thursday, April 17, both from 12:00 pm to 1:00 pm EDT

### 3. Written Submissions

When: Any time up until **June 1<sup>st</sup>**.

How do I participate? Upload your anonymous written Comments on the Reviewer's website before June 1<sup>st</sup>

### LOGON INSTRUCTIONS

1. Go to Auditorium : <http://aodareview.utoronto.ca/>
2. If you have been there before, click the link "Click here to enter the room"



## What is Homeless Connect Toronto?

Homeless Connect Toronto is based upon a successful initiative, Project Homeless Connect, which has been implemented by 221 communities in North America, including Vancouver and Edmonton. It is a semi-annual event that brings together essential resources and supports under one roof for those at risk of or experiencing homelessness in Toronto. Guests will access multiple services at once and be introduced to key service providers and resources in their community.



Homeless Connect Toronto (HCT) is a complement to the work of existing service providers and community agencies, strengthening and adding to their network. HCT engages non-traditional businesses, organizations, and volunteers to build new partnerships and bring awareness to the needs of the homeless to the community at-large. As a volunteer and service-run event, people from various sectors participate and actively engage in being a part of the solution to overcome homelessness in our city.

The vision of Homeless Connect Toronto is to engage the larger community and build sustainable partnerships to overcome homelessness in Toronto.

### ***Our Mission and Objectives***

1. To increase access to services by bringing providers to one centralized location
2. To empower the guests by providing a space for their voices to be heard
3. To foster collaboration among local social service agencies by providing a comprehensive network of services
4. To engage businesses and organizations to build new partnerships with social service agencies
5. To advocate and raise awareness of issues contributing to homelessness through the united efforts of homeless persons, volunteers, social services and businesses

We currently have over 50 different community agencies and businesses offering various supports and services, such as: haircuts, dental screening, eye exams, tax clinic, legal help, ID clinic, chiropractic care, prenatal supports, rapid anonymous HIV testing, harm reduction kits, resume writing, hot catered lunch and takeaway comfort kits.

## Event Details

Date: Sunday, April 13, 2014

Time: 10:00 AM – 3:00 PM

Location: Harbourfront Community Centre, 627 Queen's Quay

For more information, please visit [www.hctoronto.org](http://www.hctoronto.org) or  
contact us at [info@hctoronto.org](mailto:info@hctoronto.org).

5th ANNUAL  
HEALTH & WELLNESS FAIR  
Wednesday April 9th, 2014 2:00 - 4:00PM



Healthy Body      Healthy Mind  
Healthy Choices  
**HEALTHY YOU!**



**PROGRESS  
PLACE**

PARTNERS IN RECOVERY

576 Church Street Toronto, ON M4Y2E3

[www.progressplace.org](http://www.progressplace.org)

Come out and visit booths from over 15 various agencies featuring topics relating to health promotion and prevention, nutrition and physical activity. We welcome all consumers and service providers! For more info call Progress Place: 416 323-0223.

# Employment and Training Matters

## Parkdale Green Thumb Enterprises: Job Opportunity

**The Psychiatric Survivor-Run Business That Grows  
Currently Accepting Applications throughout April**

### **ARE YOU A CONSUMER/SURVIVOR INTERESTED IN A PART-TIME JOB?**

We are a unique social purpose enterprise working with outdoor plants, and we need dedicated staff.

If you have experience with indoor plants we need you too.

If you are interested in working with us please:



Come by and fill out an application:  
**Parkdale Green Thumb Enterprises**  
Working for Change  
1499 Queen Street West Suite 203  
Or email us: [greenthumb@on.aibn.com](mailto:greenthumb@on.aibn.com)  
No phone calls please

## Hong Fook Mental Health Association Job Opportunity

### **Part-time Peer Support Worker – Position Closes: Monday, April 7<sup>th</sup>, 2014**

Hong Fook Mental Health Association is a community-based organization serving the Greater Toronto Area. We provide leadership in promoting the mental health of people in the Cambodian, Chinese, Korean and Vietnamese communities. The Association helps people keep mentally healthy and manage mental illness.

**Position:** Peer Support Worker, Part-Time, 1 year contract. The Peer Support Worker is responsible for providing mentorship, emotional and tangible support to consumers, as well as assisting in program development, implementation and evaluation.

#### **Major Job Responsibilities:**

- Facilitates consumers' recovery through individual contact through mentorship and emotional support by employing empowerment and recovery-oriented approaches.
- Assesses needs of consumers in the Self Help Program and provides appropriate tangible supports, such as interpretation/translation and escort to meet the identified needs.
- Initiates contacts with socially isolated consumers to encourage them to participate in Self Help and follow up with those who drop off from the program.
- Assists program workers in the operation of various Self Help Program activities.
- Facilitates program planning and evaluation through consultation with participants.
- Provide administrative support to the Self Help Program.

#### **Employment terms:**

- Part-time (11.25 hours per week or 1.5 days per week)
- Flexible schedule, including some evenings and weekends

#### **Skills & Qualifications:**

- Post-secondary education, preferably in mental health or social services.
- English proficiency and Vietnamese language proficiency.
- Able to deal with demanding clients/callers in a professional courteous way.
- Flexible, organized, a self-starter, and possesses excellent problem-solving skills.
- Previous related work experience and/or an understanding of the empowerment/recovery and peer support model.
- Lived experience with a mental health issue and is able to use personal story to help consumers in a mutually agreeable manner, and in a relevant and therapeutic way.

- Knowledge of the Ontario Mental Health Act, mental health reform principles, the Substitute Decisions Act, the Health Care Consent Act and PHIPPA requirements.
- Proficiency in Microsoft Words, Excel, and Power Point.
- Readiness to share personal recovery journey in public setting an asset.
- Must be agreeable to a Vulnerable Sector Screening (Police Check).

**Qualified applicants may apply with a cover letter and resume by April 7<sup>th</sup>, 2014 to [dyang@hongfook.ca](mailto:dyang@hongfook.ca) or by fax at 416 595-6332.**

**Please indicate on the subject title of emails and cover letters "Peer Support Worker Position."**

We are an inclusive employer. If contacted for an interview, please let us know if you have any needs.

We thank all candidates for your interest; however, only those candidates chosen for an interview will be contacted.

## **Schizophrenia Society of Ontario's Scholarship Program**

**Currently Accepting Applications for the 2014/2015 School Year**

**Application Deadline: Wednesday, April 30<sup>th</sup>, 2014**

Our application can be found on our website: [www.schizophrenia.on.ca](http://www.schizophrenia.on.ca), or can be filled out online via Survey Monkey: <https://www.surveymonkey.com/s/SSOscholarship>.

For questions or more information please contact the Scholarship Program Coordinator, Kayla Nicholls at: 1-800-449-6830 ext. 229 or email: [knicholls@schizophrenia.on.ca](mailto:knicholls@schizophrenia.on.ca)

## **Things To Do...**

**Free and Low-Cost Events for April 1<sup>st</sup> – 15<sup>th</sup>, 2014**

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



### **Author Reading**

Friday, April 4<sup>th</sup> from 1:30 pm - 2:30 pm. **Author Richard Wagamese, in person.** Well known Ojibway author Richard Wagamese will read from his brand new novel, Medicine Walk. 16 year old Franklin Starlight accompanies his estranged father on his final journey into the mountains in search of healing and reconciliation. Wagamese's previous novel Indian Horse was nominated for Canada Reads in 2013. Don't miss this special opportunity to meet this important author. Books will be available for purchase. For more info phone: 416 393-7521. Toronto Public Library, Annette Street Branch, 145 Annette Street. Adults. **Free**

### **Documentary**

Tuesday, April 8<sup>th</sup> from 6:30 pm - 7:30 pm. **The Mars Project: a documentary about mental illness.** The Mars Project is a film that documents Toronto hip hop recording artist Khari's history and daily life, and the deep complexities of mental health and inadequacies of the current Canadian health system. The director will be in attendance and welcomes a discussion following the screening. For more info phone: 416 393-7521. Toronto Public Library, Annette Street Branch, 145 Annette Street. Teens and Adults. **Free**

### **eBooks**

Monday, April 14<sup>th</sup> from 2:00 pm - 4:00 pm. **eBooks: What? Why? and HOW!** Are you perplexed by the puzzling world of eBooks? Learn about downloading eBooks, eReaders, Overdrive Next Generation and much more. Registration is required. For more info and to register please call: 416 394-1006 or email library staff: [egstaff@torontopubliclibrary.ca](mailto:egstaff@torontopubliclibrary.ca). Toronto Public Library, Evelyn Gregory Branch, 120 Trowell Avenue. Adults. **Free**

## English Training

Saturday, April 5<sup>th</sup> through to Saturday, July 26<sup>th</sup> at 7:30 pm (register by April 5<sup>th</sup>). **Free Language Training.** Seneca College will be running OSLT (Occupation - Specific Language Training) beginning in April. The courses are free for newcomers that qualify. For more info visit: [www.oslt-Seneca.ca](http://www.oslt-Seneca.ca) or contact Angela Jacewicz by email: [angela.jacewicz@senecacollege.ca](mailto:angela.jacewicz@senecacollege.ca). Seneca College's Newnham Campus, 1750 Finch Avenue East. Adults. **Free**

Monday, April 7<sup>th</sup> from 5:30 pm - 7:30 pm (this event repeats). **Let's Talk: English Conversation Circle.** This program was developed to assist newcomers and interested library patrons (regardless of status and number of years in the country) to practice English and gain confidence in speaking with anyone. For more info contact Celia Cruz by email: [ccruz@ciclsp.ca](mailto:ccruz@ciclsp.ca) or by phone: 647 404-5662. Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Road. All Ages. **Free**

## Family Nature Walk

Saturday, April 12<sup>th</sup> from 1:30 pm - 3:00 pm. **Spring Has Sprung – Family Nature Walk.** After such an intense winter join us as we search for signs of spring! Listen for the birds returning, look for walking bugs and investigate promising leaf buds. This event is great for all ages; bring the whole family. No pre-registration is necessary. For more info visit: [www.highparknaturecentre.com/ai1ec\\_event/spring-has-sprung/?instance\\_id=4595](http://www.highparknaturecentre.com/ai1ec_event/spring-has-sprung/?instance_id=4595) or call: 416 392-1748. High Park Nature Centre, 440 Parkside Drive. All Ages. **\$2/person or donate-what-you-can**



## Gardening

Wednesday, April 2<sup>nd</sup> from 6:30 pm - 8:00 pm. **Pollinator Gardening.** Get the latest buzz on creating a haven for pollinators from a master gardener. Toronto master gardeners are trained horticulturists, who volunteer their time to provide free advice for home gardeners. For more info call: 416 393-7720. Toronto Public Library, Riverdale Branch, 370 Broadview Avenue. Adults. **Free**

Saturday, April 5<sup>th</sup> from 1:30 pm - 2:30 pm. **Garden Wise: Sustainable and Organic Methods.** Learn smarter and safer ways to garden, hand in hand with nature. Presented by the Toronto Master Gardeners. Registration is required. For more info and to register call: 416 396-8920 or email Cathy Pyper: [cpyper@torontopubliclibrary.ca](mailto:cpyper@torontopubliclibrary.ca). Toronto Public Library, Eglinton Square Branch, 1 Eglinton Square Unit 126. Adults. **Free**

Thursday, April 10<sup>th</sup> from 1:00 pm - 2:00 pm. **Ask-An-Expert: Top Tips for Top Vegetables, Discover the joys of growing your favourite veggies in garden beds and containers!** Learn the 'when', 'where' and 'how to' of planting and harvesting. Explore the growth requirements of the most popular vegetables in our gardens. Discuss how to avoid pest problems and deal with disease. Nutritious vegetables come from soil that is well cared for – learn the value of crop rotation and organic fertilization. Toronto Master Gardeners will give you the scoop! Toronto Master Gardeners are trained horticulturalists, who volunteer their time to provide free advice to home gardeners. They are required to give balanced, non-judgmental advice. They will not imply endorsement of any product or place of business in their recommendations. Please call the library at: 416 394-1014 for more info. Toronto Public Library, Jane/Dundas Branch, 620 Jane Street. Adults. **Free**

## Health

Monday, April 7<sup>th</sup> from 2:00 pm - 4:00 pm. **Walk Into Health.** A Toronto Public Health nurse explains why physical activity is so important, the health benefits of walking and how to use a pedometer to motivate you to walk more. Come join the conversation and borrow a pedometer from Eatonville Library. For more info or to register call: 416 394-5270. Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Road. All Ages. **Free**

Monday, April 7<sup>th</sup> from 7:00 pm - 8:00 pm. **Stress Management Through Restorative Meditation.** Led by a Meditation Toronto Instructor. This class includes 20 minutes of meditation and 40 minutes of stress-relieving stretches. Participants must bring their own yoga mat. Limited space. First come, first seated. For more info contact: Todd Buhrows by email: [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca) or by phone: 416 394-5247. Toronto Public Library, Brentwood Branch, 36 Brentwood Road. Adults. **Free**

## Toronto Indie Arts Market

Saturday, April 12<sup>th</sup> from 10:30 am - 4:30 pm. Join more than 50 local artisans and makers at the **Toronto Indie Arts Market** as we celebrate spring. Our 2nd annual spring mixed media market features everything from caramel corn to clothing; tarot cards to terrariums. With over 50 local artisans and makers of art, crafts, small press, food, fashion and more, it's a perfect place to pick up Easter or Mother's Day gifts – or maybe something for yourself. Partial admission proceeds will be donated to Sketch, an organization that creates arts opportunities for young people. For more info contact Sheryl Kirby by email: [sheryl@torontoindieartsmarket.com](mailto:sheryl@torontoindieartsmarket.com) or visit: <http://www.torontoindieartsmarket.com> Gladstone Hotel, 1214 Queen Street West. All Ages. **\$5, partial proceeds going to Sketch**

## Job Search and Resume Workshops

Tuesday, April 1<sup>st</sup> from 2:00 pm - 3:00 pm (this event repeats). **Job Search and Resume Help.** Woodgreen Employment Services offers one-on-one job search and resume writing clinic, every Tuesday from 2:00 pm - 3:00 pm. For more info contact: Cathy Moran by email: [cmoran@torontopubliclibrary.ca](mailto:cmoran@torontopubliclibrary.ca) or by phone: 416 393-7715. Toronto Public Library, Jones Branch, 118 Jones Avenue. Adults. **Free**

Wednesday, April 2<sup>nd</sup> from 6:00 pm - 7:00 pm. **Resume Writing Workshop.** Learn resume essentials before launching any successful job search. To register call 416 394-1000. Toronto Public Library, Maria A. Shchuka Branch, 1745 Eglinton Avenue West. Adults. **Free**

Wednesday, April 9th from 6:00 pm - 7:00 pm. **Job Search.** Take your job search beyond Workopolis and capitalize on the hidden job market. To register call: 416 394-1000. Toronto Public Library, Maria A. Shchuka Branch, 1745 Eglinton Avenue West. Adults. **Free**



## Knitters & Crocheters

Tuesday, April 1<sup>st</sup> from 6:30 pm - 8:00 pm (this event repeats). **Centennial Knitters & Crocheters Charity Group.** All Yarn Donations gratefully accepted at the Centennial Library counter. Come join us for free refreshments, needles and yarn provided. For more info contact: Honey Coleman by email: [honey.coleman@gmail.com](mailto:honey.coleman@gmail.com) or by phone: 416 639-5490. Toronto Public Library, Centennial Library Branch, 578 Finch Avenue West. All Ages. **Free**

## Market

Wednesday, April 2<sup>nd</sup> from 11:00 am - 3:00 pm (this event repeats). **UTSC Indoor Market @ The Meeting Place.** Your source of fresh produce, bread, honey, baked goods and more available on the University of Toronto Scarborough (UTSC) Campus. Parking available in our Visitors Lot 'D' Rate: \$3/hr. Check out our website for a detailed map. For more info contact Billi Jo Cox by Email: [bcox@utsc.utoronto.ca](mailto:bcox@utsc.utoronto.ca) or phone: 416 280-2719. University of Toronto Scarborough Science Wing, 1265 Military Trail. All Ages. **Free**



## Music and Poetry

Wednesday, April 2<sup>nd</sup> from 7:00 pm - 8:30 pm. **The Music of Hope.** Featuring music by Toronto Symphony Orchestra principal cellist Joseph Johnson and poetry readings by Ann Shin. Hosted by CBC Radio's Robert Harris. For more info call: 416 395-5577. Toronto Reference Library, 789 Yonge Street. All Ages. **Free**

Monday, April 7<sup>th</sup> from 7:00 pm - 8:00 pm. **Poetry Night.** Calling all poets for an evening of poetry sharing in a relaxed and encouraging environment. Up to 2 poems per participant. Drop-in event. Toronto Public Library, Pape-Danforth Branch. 701 Pape Avenue. Adults. **Free**



## Retirement Seminar

Wednesday, April 2<sup>nd</sup> from 6:45 pm - 8:15 pm. **Retirement Planning Seminars: Part 1: Maximize Your Retirement Income.** Come and learn effective tax planning and tax management strategies aimed at maximizing your retirement income. For more info or to register call: 416 394-5270 or email: [eaxprograms@torontopubliclibrary.ca](mailto:eaxprograms@torontopubliclibrary.ca). Toronto Public Library, Eatonville Branch, 430 Burnhamthorpe Road. Adults. **Free**

## Richard Bradshaw Amphitheatre – Concert Series

Tuesday, April 1<sup>st</sup> to Tuesday, April 15<sup>th</sup> from Noon - 1:00 pm (see below for a list of dates). **Canadian Opera Company – Free Concert Series in the Richard Bradshaw Amphitheatre.** The Free Concert Series in the Richard Bradshaw Amphitheatre is a unique opportunity to experience diverse artistic programming in what has become one of Toronto's most exciting cultural hubs. All performances are free to the public, with admittance on a first-come, first-served basis. For more information please visit the COC website: [www.coc.ca](http://www.coc.ca) or call: 416 363-8231. All performances take place in the Richard Bradshaw Amphitheatre in the Four Seasons Centre For The Performing Arts, 145 Queen Street West. All Ages. **Free**

- Thursday, April 3<sup>rd</sup> from Noon to 1:00 pm. **Vocal Series.** Artists of the COC Ensemble Studio: Love Song Waltzes. **Free**
- Tuesday, April 8<sup>th</sup> from Noon to 1:00 pm. **Dance Series.** Artists of Opera Atelier and Atelier Ballet: Perseé. **Free**
- Thursday, April 10<sup>th</sup> from Noon to 1:00 pm. **Jazz Series.** Norman Marshall Villeneuve's Jazz Message Quartet: Up Jumped Spring. **Free**
- Tuesday, April 15<sup>th</sup> from Noon to 1:00 pm. **Piano Virtuoso Series.** Philip Chiu, piano: Music in the Time of War. **Free**

## War/History

Monday, April 7<sup>th</sup> from 7:00 pm - 8:30 pm, register by April 7<sup>th</sup>. **The Siege of Sarajevo & the Legacy of the First World War** With historian Margaret MacMillan; the Munk School's Janice Stein; and former diplomat, Paul Heinbecker. Hosted by CBC Radio's Carol Off. For more info phone: 416 395-5577. Toronto Reference Library, 789 Yonge Street. All Ages. **Free**

Wednesday, April 9<sup>th</sup> from 4:00 pm - 6:00 pm. **Etobicoke and the War of 1812 with Denise Harris.** Discover how the War of 1812 affected where you live! Join Denise Harris for an illustrated lecture exploring how the tumultuous period of the War of 1812 shaped the farming communities of Etobicoke Township, and changed the lives of residents forever. Hear some of the fascinating stories that this unique piece of research has uncovered about the 55 men from Etobicoke who served in the militia or regular British army during this war. No registration required. For more info phone: 416 394-5120. Toronto Public Library, Richview Branch, 1806 Islington Avenue. Adults. **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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Disclaimer: The views expressed do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, C/S Info Staff, Volunteers or Board Members. Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4.



How about converting to email and doing a favour for our planet? Call the C/S Info Centre at 416 595-2882 or email us at: [csinfo@camh.ca](mailto:csinfo@camh.ca). Your Mother Earth will thank you.

Your Bulletin Team: **Helen, Cassandra and Arlene.**