



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

BULLETIN

526 February 16th – 28th, 2015

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
Tel: 416 595-2882 csinfo@camh.ca http://www.csinfo.ca/

Community Announcements



The Toronto Central LHIN Consumer/Survivor Initiative Network Presents our next Forum:

Monday March 9, 2015

246 Sackville Street Common Room 9:30 am- 4:00 pm.
Lunch and tokens provided

Session 1- **Changes to ODSP and OW, Organizing the Consumer/Survivor Community**

Session 2- **What should meaningful involvement of the Consumer/Survivor Community look like at the LHIN?**
Get your voice heard!!! Forum sessions are set up to really consult the community on a structure for meaningful engagement... what does that look like... what is real involvement...what would the system look like if we were listened to. Come and find out!!!

To register for this event, please contact the Consumer/Survivor Information Resource Centre of Toronto:

416 595-2882 or csinfo@camh.ca and give us your name, a way to contact you, and whether you have any special diet or disability needs for the day. Please register by Thursday, March 5th.

The 13th Annual
BrainStorm Poetry Contest

For mental health consumers.

Watch for the full poster in our next issue. Contest closes Friday, March 13th.

First Prize \$250 Second Prize \$150 Third Prize \$75 Plus Publication in Open Minds Quarterly
Winners and Honourable Mentions earn publication in Open Minds Quarterly, the magazine that showcases the poetry and literature of mental health recovery. Details and entry form www.openmindsquarterly.com.
NISA/Northern Initiative for Social Action is a registered not-for-profit charitable organization in Sudbury, Ontario which offers a number of opportunities for mental health consumers to focus on their own individual talents and gifts and discover their own recovery path. The Annual BrainStorm Contest is intended as a fundraiser for its literary magazine, Open Minds Quarterly, as well as a way to support people with lived experience of mental illness by awarding prizes to the top three winners. www.nisa.on.ca. \$15 entry fee for up to 3 poems, \$12 if submitted electronically.

Welcome back to our STR8 from the Heart Fundraising Art Auction, Back Again!

Saturday, February 28th! 1:30 pm – 3:00 pm! (You may preview the art and register on Friday, February 13th)

Guest Auctioneer: Mike Layton, City of Toronto Councillor

Please come and support our artists, by bidding and buying a work of art! If you don't want to purchase; please come by anyway and support us with a visit. We can offer you a cup of tea or coffee to sip while you view the art work. Bring a friend; you're welcome to bring your puppy with you. The artists are always delighted to meet a friendly four footed pet. We are always looking for new friends and volunteers!



About us: Creative Spirit Art Centre enables artists with disabilities to make, exhibit and sell their art work. We are one of the few art studios in our city for artists in wheelchairs. The Centre acts as an information service, an art collection, an archive and as a research resource in the field of art and disabilities. We operate on the generous donation of the energy, talent and time of volunteers. 100% of money raised through donations goes directly to running the Centre.

Dedicated to Advancing the Creative Powers in Artists With Disabilities

Creative Spirit Art Centre, 999 Dovercourt Road

t: 416 588-8801 e: csac@creativespirit.on.ca w: www.creativespirit.on.ca

The Four Villages Community Health Centre Offers: Walk This Way

A free Nordic Pole Walking Group – indoors on Wednesdays from now until March 25th from 8:30 am to 9:45 am. Nordic Pole Walking is a fun and effective low impact, full-body workout for people of all ages and fitness levels. We meet at the Centre Court inside the Galleria Shopping Centre 1245 Dupont Street at Dupont and Dufferin. Everyone is welcome! No experience required! Poles are available to borrow or you can buy your own to make pole walking a daily activity. To register or for more info, contact Junko at 416 604-0640 x 6453.

416 Community Support for Women Invites You To: Grief & Bereavement

Explore and engage in meaningful discussion, education and advocacy related to dying, death and grief. This workshop is led by nurse psychotherapist, educator and thanatologist Andrea Warnick. Thursday, February 19th at 2:45 pm. 40 Oak St. in the Rogers Room. Please RSVP to Elena at elena.s@416community.com or 416 964-6936 x 222. This event is open to the public – men and women. www.416community.com

North York Women's Centre Presents: Women's Empowerment: Discovering our Power - Daytime

In Discovering our Power, participants will gain an understanding of difficult emotions and the impact they have on mental and physical well-being. They will identify personal strengths, learn coping strategies and build self-esteem and confidence. Using group discussions and interactive learning, participants will gain strength and knowledge to move forward while making connections with other women in a supportive environment. Starts Monday, February 23rd 2:00 pm – 4:00 pm at the North York Women's Centre, 2446 Dufferin Street. This program is free, but you must pre-register and plan to come to all sessions. Call 416 781-0479 or email info@nywc.org. www.nywc.org. The **Evening** offering of this program also starts on February 23rd and will run from **6:30 pm – 8:30 pm**

Report Launch
Welcome to the Financial Mainstream:
The Hazards Facing Low-Income People when Navigating the Financial World
(Banks, filing taxes, credit cards, debt, etc)

Featuring Panelists: John Stapleton (Open Policy), Ellen Roseman (Toronto Star), Daniela Mergarten (Women Speak Out), Pamela Chynn (Houselink). Hosted by: Mike Creek (Working for Change).

West Neighbourhood House, Community Room

248 Ossington Avenue

Friday Feb 27, 2015 2:00 pm - 4:00 pm

Kindly RSVP Naomi at 416 516-1422 x 250 or naomibe@houselink.on.ca

This report was produced by John Stapleton and Houselink Community Homes, with funding from Prosper Canada TTC tokens supplied if needed.

Community of Practice

The Self-Help Resource Centre is starting a peer support group for peer support workers and volunteers. This ongoing monthly Community of Practice meeting will be an opportunity for peer support group and one-on-one facilitators to get support from other peer facilitators, share valuable resources and experiences, and brainstorm solutions to challenges in the field.

When: Thursday, March 5, 2015 from 3:30 pm to 5:00 pm

Where: Self-Help Resource Centre 40 St Clair Avenue East, Suite 307 (inside Deer Park Library)

What to Bring: Questions and challenges experienced in peer support

Coffee, tea and light snack will be provided! If you would like to attend please RSVP to Melissa at melissacorcoran@selfhelp.on.ca or call 416 487-4355 x 27.

Changes are Coming to ODSP Employment Benefits!

Changes are underway, and unfortunately it is not good news. The present employment benefits that many working ODSP recipients are receiving, such as the \$100 work related benefit, will be eliminated. In their place will be a new 'Employment-Related Benefit, which will be available only to those who are looking for work, or seeking to improve their current work situation.

This means that ODSP recipients who currently work part-time may see their benefits shrink by up to \$1700 a year.

If you are concerned about these changes, and would like to join the many in Ontario who are actively protesting them, then come to an info/letter writing session. This will be a chance to get more info on these changes and to write a letter to your MPP to express your concerns. Help with writing letters will be provided.

Friday February 20th from 11:00 am – 1:00 pm at 805 Bloor Street West, drop-in

Continental breakfast and tokens provided.

Please RSVP Naomi: 416 516-1422 x 250 or naomibe@houselink.on.ca

Computer...Help!



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 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. And if you have any computer article suggestions for Martha please let us know!

New Groups at the MDAO



Over the past year the MDAO (Mood Disorders Association of Ontario) has added some new drop-in groups to our calendar. The groups are confidential, free, and require no referral or pre-registration. These groups meet at our Yonge/Eglinton office. 36 Eglinton Ave West, Suite 602.

LGBTQ Peer Support Group – Now meets twice a month!

This is a free peer support drop-in group for those in the Lesbian, Gay, Bisexual, Transgender, and Queer community who are living with a mood disorder. Please join us and learn that you are not alone!

Meetings: The first and third Wednesday from 7:00 pm – 9:00 pm

Substance Use and Mood Disorders Peer Support Group

A non-judgmental drop-in peer support group for anyone living with a concurrent disorder (the combination of mood disorders and substance use/addiction issues). We welcome folks in all stages of wellness and recovery, meaning the group is open to both those who are currently using and those who are abstaining. (However, we do require sober attendance).

Meetings: The first and third Sunday of each month, from 2:00 pm - 4:00 pm

Morning Moods Peer Support Group

A free drop in peer support group for individuals with mood disorders and related issues.

Meetings: The First and Third Thursday of each month from 10:00 am to noon.

Program Information Hour

Interested in hearing more about the peer support and recovery programs run by the Mood Disorders Association of Ontario? Come out to our Program Information Day! Learn about our free drop-in peer support groups, public events, and recovery programs. Always the second Wednesday of the month from 11:00 am to noon. The next one is March 11th.

For the full calendar you can visit our website http://www.mooddisorders.ca/calendar/2015-01?field_region_value_many_to_one=Toronto

And...

Laughing Like Crazy

Come join us to celebrate the **10th Anniversary of Laughing Like Crazy** at the **February 26th** Showcase.

Location: Central YMCA, 20 Grosvenor Ave, Toronto

Start time: 7:00 pm

Register on-line using the MDAO website www.mooddisorders.ca

Mood Disorders Association of Ontario

36 Eglinton Avenue West, Suite 602.

Tel: 416 486-8046 x 232 Fax: 416 486-8127 Toll-free 1 888 486-8236

emmaa@mooddisorders.ca www.mooddisorders.ca

The Repair Café is Back

The Repair Café is held one Saturday of each month at different locations in Toronto. At this cafe, there are volunteers (free of charge) available for fixing and showing you how to fix, computers, electronic devices, small appliances, lamps, small furniture, clothes, jewelry and book binding. And our 3D printer specialist will show you how to create parts for repairs. To avoid line-ups please arrive early. The volunteers will be able to serve visitors who arrive before 3:00 pm.

Visit: www.repaircafetoronto.ca for more details.

WHEN: Saturday, February 21st from noon – 4:00 pm.

WHERE: Hacklab, 1266 Queen Street West (Queen and Dufferin)

COST: FREE!! (Donations always welcome).

DIRECTIONS: Take subway to Dufferin Station and Dufferin bus south to Queen Street.

Hope to see you there or at a future Repair Café

STAR Offerings

The STAR (Supporting Transitions and Recovery) Learning Centre will be offering the following training sessions in February and March, 2015. The courses are free of charge and open to individuals 18 years of age and older, who have recently experienced poverty or homelessness (including transitional housing, couch surfing, shelters, rooming houses, etc.). Spaces are limited and you must pre-register to attend.

WRAP Level 2 - Facilitation Training

Please note: To register for this training, participants must have already completed WRAP Level 1. Attendance is required at all four days of training to receive WRAP facilitation certification.

Dates: February 23rd, 24th, 26th and 27th

Time: 9:00 am to 4:30 pm.

Location: Book Club Room - Toronto Reference Library, 789 Yonge Street.

Mental Health First Aid

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

Date: Thursday March 5th and Friday March 6th

Time: 9:00 am to 5:00 pm.

Location: To be determined.

Employment Matters

Free Training Program for Women

Refrigeration & Air Conditioning Systems Mechanic and Electrician

YWCA Toronto, in partnership with Centennial College, offers a 33-week pre-apprenticeship program in Refrigeration & Air Conditioning Systems Mechanic and Electrician.

SKILLED TRADES ARE A GOOD CHOICE FOR WOMEN

* higher pay * better hours * opportunities for self-employment * high demand labour market

ELIGIBILITY

* women over 16 years * must have a minimum of Grade 10 education * committed to intensive 33-week program * be a resident of and able to work in Ontario

PROGRAM INCLUDES

* Level 1 training in Refrigeration * Exposure to Electrical & Air Conditioning Systems Mechanic * Academic Upgrading * Health and Safety Training * Job readiness Training * 12-week work placement after training is completed
Program starts February 23, 2015. We encourage applications from women of diverse backgrounds. Please call for more information or to register for an information session:

Caron Martin, Job Coach/Job Developer 416 964-3883 x 212 cmartin@ywcatoronto.org

Things To Do...

Free and Low-Cost Events for February 16th – 28th, 2015



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

As changes to events happen from time to time, please call ahead to confirm the time, place and date of the event you wish to attend Thank you!

Black History Month

Thursday, February 19th from 7:00 – 8:00 pm. **Self-Reliance and Independence: The Message of Early Black Ontario Newspapers.** The "Provincial Freeman", a black newspaper founded by Samuel R. Ward in the 1850s in Windsor, and its predecessor, "Voice of the Fugitive", did more than provide resources for Blacks, often fugitive slaves, new to Canada in the mid-1800s. In their editorials and articles, these papers clearly advocate a lifestyle that would enable these new Canadians to integrate and demonstrate how Blacks in Canada could be assets to their communities, rather than chattel as they were considered in the United States. The speaker, Dr. Camille Isaacs, is Assistant Professor, Faculty of Liberal Studies, OCAD University. Register at 416 395-5660. North York Central Library in the auditorium, 5120 Yonge St. **Free**

Friday, February 20th from 2:00 pm – 3:30 pm. **Mighty Jerome - Black History Month - National Film Board of Canada Documentary.** Celebrate Black History Month at Brentwood Library by watching this National Film Board of Canada documentary. In 1959, at just nineteen years of age, Harry Jerome was Canada's most promising track and field star and he was on his way to the Olympics in Rome. By 1962, after suffering a gruesome leg injury, there was every reason to think that his racing days were over. But Jerome was not just a champion on the track; he was doubly determined off it. And so began his climb to what his coach, the legendary Bill Bowerman, called "the greatest comeback in track and field history." Through years of unparalleled political turbulence, racial conflict and his own personal challenges, Harry Jerome kept his head down and ran, displaying strength of character and willful perseverance every bit as impressive as his record-setting athleticism. Drop-In Doc. First Come, First Seated. Info: Todd Buhrows: 416 394-5247 or tbuhrows@torontopubliclibrary.ca. Brentwood Library, 36 Brentwood Road North. Adults. **Free**

Friday, February 27th from 2:00 pm – 3:30 pm. **Invisible City - Black History Month - National Film Board of Canada Documentary.** Celebrate Black History Month at Brentwood Library by watching this National Film Board of Canada documentary. Invisible City is a moving story of two boys from Regent Park crossing into adulthood - their mothers and mentors rooting for them to succeed; their environment and social pressures tempting them to make poor choices. Turning his camera on the often ignored inner city, Academy-award nominated director Hubert Davis sensitively depicts the disconnection of urban poverty and race from the mainstream. Drop-In Doc. First Come, First Seated. Info: Todd Buhrows: 416 394-5247 or tbuhrows@torontopubliclibrary.ca. Brentwood Library, 36 Brentwood Road North. Adults. **Free**



Saturday, February 28th from 12:00 noon – 4:00 pm. **Toronto Urban Book Expo.** Learn about the Canadian Urban Fiction scene at this Black History Month book fair. Meet urban authors and publishers, purchase their books, and discuss what makes great urban fiction with Stacey Marie Robinson of Kya Publishing. Info: Stacey Marie Robinson at stacey@kyapublishing.com or 647 342-3040. Malvern Public Library, 30 Sewells Road. All ages. **Free**

Book Clubs

Thursday, February 19th from 6:00 pm – 7:00 pm. **Toronto in Fiction Book Club.** Read, share, discuss, and discover Toronto in fiction. Join us on the third Thursday of the month for an informal discussion about a selected book set in Toronto. All are welcome - no registration is required. wmcormor@torontopubliclibrary.ca Toronto Reference Library, 789 Yonge Street. Adults. **Free**

Crafts

Tuesday, February 17th from 6:00 pm – 7:00 pm. **Asymmetrical Illusion Bead Stringing.** Participants will learn about tools and materials used in bead stringing jewelry. You will complete a single strand illusion bead necklace and earrings. Registration is limited to 15. Call to register at 416 395-5440. Barbara Frum Library, 20 Covington Road. Adults. **Free**

Family Day Events - Monday February 16th

From 9:30 am – 1:30 pm. **Family Day FUNdraiser Benefitting SickKids Hospital.** Join us for Family Day FUN and support a great cause! Bring the whole family to Active Kids Zone where we'll have bouncy castles, face painting, bumper balls, open gym, karaoke, raffles, giveaways and much more! Lunch will also be included. Entry is free when you make a donation to the SickKids Foundation. Everyone is welcome so invite your friends too! Information at 416 939-2000. 951 Alness Street. **Free with Donation to SickKids.**



From 10:00 am – 6:00 pm. **Free Admission and Activities at the Museum of Inuit Art.** Visit the Museum of Inuit Art (MIA) explore one of Canada's national treasures. MIA offers a space where Inuit artistic expressions, both past and present, spark immersive experiences for visitors and is the only museum devoted exclusively to Inuit art south of the Canadian Arctic. For more information on Family Day activities at MIA, 416 203-3269 or contact@miamuseum.ca or visit www.miamuseum.ca/whats-on/mia-events. Recent discoveries about MIA's permanent collection are unlocked with the newest special exhibition, "Stories from the Vault". Delve behind the scenes with the Collections Team as hidden facts are revealed about works on display that will have you looking at these pieces in new ways. Become a detective as you get hands-on with objects from MIA educational. Take FREE guided tours of the museum at 10:30 am, 11:30 am and 4:30 pm. Museum of Inuit Art, 207 Queen's Quay West. All ages. **Free**

From 10:00 am – 5:00 pm. **Kids Free At The Hockey Hall Of Fame On Family Day.** Head down to the Hockey Hall of Fame where a thrilling experience awaits the entire family - simulation games, theatres, the greatest collection of hockey artifacts anywhere in the world, and best of all, hands-on access to the Stanley Cup. New at the Hall of Fame is NHLPA GAME TIME where guests can face-off against life-size, animated versions of today's top players in this revitalized model rink. Up to a maximum of 4 youths (13 yrs & under) will be admitted FREE with the purchase of one regular price adult admission. Admission must be purchased onsite. Offer cannot be combined with any other promotional offers. Info: Courtney Evans 416 548-9681 cevans@hhof.com. The Hockey Hall of Fame, 30 Yonge Street. All ages. **Up to 4 youth Free with purchase of adult entry.**

From 11:00 am – 5:00 pm. **HarbourKIDS Skating Festival.** This 2015 Family Day weekend, enjoy two days (Sunday and Monday) of fun-filled activities including on-ice performances, multi-media activities, family skating, creative crafts and more. Info at 416 973-4000 or info@harbourfrontcentre.com. Harbourfront Centre, 235 Queens Quay West. All ages. **Free**

From 11:00 am – 1:00 pm. **5th Annual Family Day Football FUN-damentals Camp.** Test your football skills. No special equipment or experience necessary. Ages 6 - 14 (born between 2001 & 2009) Pre-register at www.torontojetsfootball.ca or call Nicole at 647 983-4835 or email info@gfl.ca. The Hangar, 75 Carl Hall Road. Children. **Free**

From 11:00 am – 5:00 pm. **Cabbagetown Family Day Festival 2015.** The Cabbagetown BIA will be bringing families together in celebration of the long holiday weekend. The festival takes place along Parliament Street, between Gerrard Street & Wellesley Street. The event features ice sculptures throughout the Cabbagetown district, horse and carriage rides, an ice skating showcase by Glisse on Ice, carnival activities, buskers, pancakes, the Toronto All Star Big Band and more! Visit Cabbagetown and experience the charm, charisma and local culture this area has to offer. Guaranteed fun for the whole family! Info: <http://cabbagetownto.com> or 416 921-0857. 477 Parliament Street. All ages. **Free**

From noon – 3:30 pm. **Woofjocks Canine All Stars at Purina PawsWay during Family Day on Toronto's Waterfront.** Activities include pet themed face-painting, arts, crafts and lots of games and prizes courtesy of Purina Dog Chow! Monday, February 16 at 12 pm, 1:30 pm and 3:30 pm. Visit www.pawsway.ca for more info. The Woofjocks Canine All Stars will be doing demos of today's most popular canine sports. The Woofjocks are a high-energy dog/handler performance team specializing in interactive games and demos of canine agility and obedience. After each show, they do a 'meet & greet' where children come out onto the floor and meet the dogs and have photos taken. Pockets and Bilboa the clowns will perform two 20-minute magic shows, make balloon animals and assist the talented Ester in creating pet themed face painting. Info: info@pawsway.ca or 416 360-7297. 245 Queens Quay West. All ages. **Free**

Starting at 1:00 pm. **Music with Bite.** Free interactive performances that are perfect for kids. Enjoy the sound of Guitar Nomads, three spirited guitarists combining French manouche to New Orleans blues to Spanish classical guitar. Meet with the musicians post performance while enjoying cookies and Natrel milk beverages. Info: 416 973-4000 or info@harbourfrontcentre.com. Harbourfront Centre, 235 Queens Quay West. Children. **Free**

Fashion Show

Thursday, February 19th from 1:30 pm – 3:00 pm. **Mosaic Home Care, CNIB Centre presents the Royal Ontario Museum Presenting: Fashion from the Ages.** Women of Style: Influential Women and the Designers Who Dress Them Explore women of style and power from the 18th through to the 21st century and the designers that helped define their signature style, including Empress Eugenie of France, Coco Chanel, Wallis Simpson, Jean Harlow, Queen Elizabeth II, Princess Grace, Audrey Hepburn, and Princess Diana. Preferred RSVP by February 15th, but Helen called and they will fit you in if they have spots still available. Pay and Display parking at CNIB – enforced starting February. Parking is \$2.50 for pay and display to a maximum of \$7.50 per day. Paid parking is \$7.50 daily in the underground parking garage. www.mosaichomecare.com Check-out our blog at www.janesgtacafe.ca or call for info: 905 597-7000 or info@mosaichomecare.com. Mosaic Home Care Services & Community Resource Centre Location: CNIB Centre, 1929 Bayview Avenue, Suite 215H. All ages. **Free**

Financial Advice

Monday, February 23rd from 6:00 pm – 7:30 pm. **10 Rules of Money Management and Budgeting.** Richard Haggins from Credit Canada looks at how to create a balance between spending and saving. Some topics include: the difference between monthly and fixed expenses, variable and flexible expenses, and how to track spending. To register call: 416 394-1000. Maria A. Shchuka Library, 1745 Eglinton Avenue West. Adults. **Free**

Thursday, February 26th from 2:00 pm – 3:00 pm. **Ask An Expert: Identity Theft Protection.** What is identity theft? How can you protect yourself or recognize the signs of victimization? Join us for an informative presentation by the Chartered Professional Accountants of Canada. For more info, or to Register, please call 416 394-1006 or egstaff@torontopubliclibrary.ca. Evelyn Gregory Library, 120 Trowell Avenue. Seniors. **Free**

Health & Wellness

Wednesday, February 18th from 1:00 pm – 3:30 pm. **Dementia 101.** Join us as we explore the nature and progression of different types of Dementia including Alzheimer's disease, care strategies and community services. <http://on.alz.to/site/Calendar/2009493783?view=Detail&id=101101>. Info: Indra Moffett, imoffett@alzheimertoronto.org. Alzheimer Society of Toronto, 20 Eglinton Avenue West, Suite 1600. All ages. **Free**

Tuesday, February 24th from 2:00 pm – 3:30 pm. **Heart Health.** WoodGreen Community Services presents a free health information session on Cardiac Health. For info, please call 416 396-3975. Toronto Public Library, S. Walter Stewart Branch, 170 Memorial Park Drive. Adults. **Free**

Tuesday, February 24th from 7:00 pm – 8:00 pm. **Immunology and Autoimmunity.** University of Toronto researchers from the Department of Immunology will provide an introduction to the field of immunology, including how the immune system over-reacts in autoimmunity using arthritis and lupus as examples. Info: 416 395-5649. North York Central Library, Room 1, 5120 Yonge Street. Adults. **Free**

Laughing Like Crazy

Thursday, February 26th, at 7:00 pm. Come join us to celebrate the **10th Anniversary of Laughing Like Crazy** at the Showcase. Register on-line using the MDAO website www.mooddisorders.ca. Central YMCA, 20 Grosvenor Avenue. Adults. **Donation**



Lunar New Year

Saturday, February 28th starting at 11:00 am. **LunarFest.** Ring in the Year of the Sheep at LunarFest. Take in the unique lantern installation, spectacular performances, culinary treats, traditional crafts, games and art at this Lunar New Year celebration. Info at 416 973-4000 or info@harbourfrontcentre.com. Harbourfront Centre, 235 Queens Quay West. All ages. **Free**

Music Lovers

Thursday, February 19th at 7:00 pm. **Beit Zatoun. Maqamistan.** Multi-instrumental solos from Maqam traditions. Rob Simms, tanbur/setar/oud/neym. Info: 647 726-9500. 612 Markham Street. **Free.**

Sunday, February 22nd from 7:29 pm – 9:30 pm. **Gathering Sparks Singalong Soiree.** Calling all singers (or would-be singers)! The Singalong Soiree is an evening of music that you can join in on. We combine our most singalongable originals with popular classic tunes, and we love to have the whole room singing with us. Get your "frequent singer" card stamped, too! Event hosted by Gathering Sparks (Eve Goldberg, Jane Lewis & Sam Turton). Information: pr@gatheringsparks.com. Tranzac Club, 292 Brunswick Avenue. All Ages. **PWYC** (pay what you can)

Tuesday, February 24th at 12:30 pm. York University Department of Music. **Music at Midday: Five Mystical Songs.** Vaughan Williams. Singers from the studio of Michael Donovan. 647 459-0701. Tribute Communities Recital Hall, Accolade East Building, York University, 4700 Keele Street. **Free**

Friday, February 27th at 7:00 pm. Arts and Events Programming at the University of Toronto Scarborough. **Madawaska Quartet Concert.** RSVP required. Please call: 416 208-2931. Arts and Administration Building, University of Toronto Scarborough, 1265 Military Trail, Scarborough. **Free**

Plant Lovers



Saturday, February 21st from 10:00 am – 4:00 pm. **Get the Jump on Spring: Annual Horticultural Open House.** Beat the winter blues at our annual open house for horticultural societies with live displays, free gardening advice, talks, demonstrations and floral design competition. Enjoy lunch in the Jump Café and browse specialty vendors, artisans and the Garden Shop. Info: communication@torontobotanicalgarden.ca or Jenny Rhodenizer, 416 397-1341. Toronto Botanical Garden, 777 Lawrence Avenue East. All Ages. **Free**

Monday, February 23rd from 7:30 pm – 8:30 pm. **Darren Heimbecker Dwarf Conifers.** The North York Garden Club presents Darren Heimbecker Dwarf Conifers. Darren worked at a nursery for 18 years as a propagator, shipper and field manager before branching out on his own. Whistling Gardens got its official start in 2006. Since then, he has attracted garden savvy plant collectors from across Canada and the US. Info: Pat Cappelli 647 296-0402 or patcappelli@yahoo.ca. Website: <http://northyorkgardenclub.ca>. St. Luke's Lutheran Church, 3200 Bayview Avenue. Adults. **Free**

Politics

Tuesday, February 24th from 7:00 pm – 8:00 pm. **The Death of Dissent: How Governments Kill Criticism.** With Tom Henheffer, Executive Director of Canadian Journalists for Free Expression. Civil Society is feeling a chill in every direction and at pretty much every level of government. Canada Revenue Agency audits are hitting charities and policy groups, scientists are being defunded or tied up in bureaucracy, a growing culture of secrecy in Ottawa is shutting down investigative journalism, and our Access and Whistleblower systems are in total disarray. As a result, the flames of dissent are burning lower than ever because a huge amount of their fuel has been taken away. Register at 416 395-5660. North York Central Library Auditorium, 5120 Yonge Street. Adults. **Free**

Science Talk

Thursday, February 19th from 7:00 pm – 8:30 pm. **The Facts and Maybes about Black Holes and Time Warps.** Black holes, faster-than-light travel and time machines appear regularly in science and non-science fiction and sometimes even on the evening news. But what is really known about them? Dr. Kipp Cannon from the Canadian Institute for Theoretical Astrophysics explains what physics knows about those phenomena. Info: 416 394-5120 or <http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT181626&R=EVT181626>. Richview Library, 1806 Islington Ave. No registration required. Adults. **Free**

Tech Lessons



Saturday, February 21st from 1:00 pm – 3:00 pm. **Twitter Workshop.** Learn the Twitter Basics. How to get started with a Twitter account. How to build an interesting Twitter feed. Tweet like a pro. Info: Jasmine Dooh at 416 252-6471 or jasmind@lampchc.org. LAMP Community Health Centre, 185 Fifth Street. Adults. **Free**

Winter Fun



Saturday, February 21st from noon – 5:00 pm and Sunday, February 22nd from noon – 5:00 pm.

Bloor-Yorkville Icefest. Celebrate winter in the heart of the city at Bloor-Yorkville's 10th Annual Icefest! Toronto's premier cultural district will transform into a showcase of incredible ice sculptures and live ice-carving demonstrations for the entire family to enjoy. Over the years, this highly anticipated free winter event has featured unique ice sculpture themes including "Heat Wave", "Enchanted Garden" and "Winter Wilderness". For info: Rick Kaczmarek, marketing@bloor-yorkville.com. Village of Yorkville Park, 115 Cumberland Street. All Ages. **Free**

Writer Talks

Wednesday, February 18th from 7:00 pm – 8:00 pm. **Stories about Storytellers: An Evening with Doug Gibson.** Hear Douglas Gibson (Alice Munro's editor) tell stories about the many famous authors he has worked with in the course of his long career as an editor and publisher. Featuring authors like Robertson Davies, Alistair MacLeod, Pierre Trudeau and many others, the show is animated by music and lively caricatures. For more info: 416 395-5710. Don Mills Library, 888 Lawrence Avenue East. Adults. **Free**

Wednesday, February 18th from 7:00 pm – 8:00 pm. **Eating for a Living with Jennifer Bain.** Join Toronto Star food editor/Saucy Lady columnist Jennifer Bain as she provides a free-ranging talk on topics such as her 15 years 'eating for a living', how she got into food writing and how that has changed, the changing food landscape in Toronto, the process of writing a cookbook, and more. Information: 416 395-5649. North York Central Library, Auditorium, 5120 Yonge Street. Adults. **Free**

Wednesday, February 25th from 7:00 pm – 8:00 pm. **Maureen Jennings.** If you know who William Murdoch, Tom Tyler or Christine Morris are, then you will know who Maureen Jennings is. Please join us as she shares her experiences writing historical mystery novels and screenplays for television. Info: 416 395-5440. Barbara Frum Library, 20 Covington Road. Adults. **Free**

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