



Spring is Coming



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

BULLETIN

550 March 1 – 15, 2016

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 9-5
Tel: 416-595-2882 csinfo@camh.ca <http://www.csinfo.ca/>

Community Announcements

C/S Info Tax Clinic

2015/2016 Tax Season is Upon Us!

Even if you don't owe money to the government, there are three good reasons to do your taxes before April 30:

1. To ensure your HST, Trillium and Canada Child Tax Credit benefits keep coming to you.
2. If you live in rent-gearied-to-income, you need to show your CRA Notice of Assessment to your housing provider to prove you are still low income. Your rent will be set to the income on your Notice of Assessment.
3. If you are over 65, the Notice of Assessment is the proof that you are still low income and that will keep your GIS (Guaranteed Income Supplement) flowing. If your taxes are late, you could be cut off from part of your income in July.

If you owe money, it's even more important to do your taxes before April 30th to prevent penalties and interest from adding up. Here at C/S Info, we have a Community Volunteer Income Tax Clinic. What does that mean? We have wonderful volunteers here who can file your taxes, free of charge. We do simple returns and we have some criteria. You:

- **Must be a consumer/survivor** (identify as having a psychiatric or addictions history)
- Have income under \$30,000 for the year
- Don't have self-employment income or expenses
- Don't have rental income (you aren't a landlord)
- Don't have capital gains (aren't selling stocks, bonds, second properties) or have over \$1000 interest income in a year
- Didn't declare bankruptcy in the year(s) that we're filing your taxes for
- Weren't widowed in the year(s) we're doing your taxes for

From now until May or June, we file 2015 returns only. Once the current tax season is over, we go back to filing past and current tax years. We have the capability to go back to 2008 but CRA allows you to file as far back as 2006.

To make an appointment, please give us a call at: 416-595-2882.

Mad Pride Starts Now!

Mad Pride celebrates:

- Mad people, psychiatric survivors, consumers, and folks labelled "mentally ill"
- Mad culture, advocacy, politics and fun
- Mad history and empowerment to challenge discrimination

Mad Pride planning needs your help now!

- Mad Comedy and Music
- Bed-push Parade - from the hospital to the community
- Mad Market - find art, food, classes and organizations
- Your events and ideas go here!

Volunteer and Learn with fun mad people



**Tuesday March 1, 2016 5:30 pm – 7:00 pm Ryerson University Library at
Gould Street and Yonge Street, Room: SLC-726**

**Tuesday March 15, 2016 from 5:30 pm - 7:00 pm Ryerson University, Student Centre at
50 Gould Street, Room: SCC-202**

torontomadpride@gmail.com www.torontomadpride.com

Twitter: [@madpridetoronto](https://twitter.com/madpridetoronto) facebook.com/torontomadpride



PEER SUPPORT WORKER COMMUNITY OF PRACTICE

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

Please register at: registration@selfhelp.on.ca or 416-487-4355 ext. 21.

When: First Thursday of the month from 4:00 pm to 6:00 pm

Future Meetings: March 3, 2016
April 7, 2016

Where: 46 Delaware Ave., Toronto

What to Bring: Questions and challenges experienced in peer support.

Coffee, tea and a light snack will be provided!



PEER SUPPORT FACILITATION TRAINING

The Self-Help Resource Centre is offering free training for people interested in learning how to facilitate their own peer support group. Support groups can be for anyone or anything! It can be a group that focuses on a particular health challenge or a group that focuses on a particular activity that will help with that challenge, such as a Walking for Mental Health group.

We will train peer leaders on starting and successfully running peer support groups in the community. The introductory training will begin with perspectives in peer support, negotiating conflict, group facilitator skills & tools, as well as helpful suggestions on how to plan, start, run and maintain a peer support group. Participants will come away with an Action Plan on how they will achieve their vision and goals around peer support group facilitation.

The advanced training delves into practical ways to overcome the common challenges facilitators and groups encounter. It's a great opportunity for peer leaders to bring their experience to the group and explore facilitator ethics, effective communication, tension & conflict, etc. There is also an opportunity to practice facilitation and build personal facilitator skills such as mindful listening, self-compassion, self-care, and more.

Next Intro Trainings: Friday, April 1, 2016 from 10:00 am – 4:00 pm, 46 Delaware Ave. **Full – Call for upcoming dates or waiting list.**

Next Adv. Training: TBA – Please call for info

If you would like to attend please RSVP to: registration@selfhelp.on.ca or call 416-487-4355 ext. 21



PeerZone Workshop – Optimizing Our Income

The Gerstein Crisis Centre has partnered with The 519 to deliver our next PeerZone workshop on Sunday, March 20th, 2016 from 1:00 – 4:00 pm. The Optimizing Our Income workshop explores our feelings about money and how to sustain or grow our income.

Anyone who has had an experience of mental distress or addiction can participate in PeerZone workshops and PeerZone is free of charge.

Registration for this workshop is now open! For more information, or to sign up online, visit:
<http://gersteincentre.org/peerzone/> or email Laura at peerzonegcc@gmail.com or call: 416-929-0149 ext. 259

The Stop – Boost Immunity Program

I'm happy to let you know we will be offering another **Boost Immunity** program at the **Stop's Green Barn** (601 Christie, Barn 4). This is a free, five-session program intended for community members who are on low or limited income, and who would like to increase their access to food and food based skills. Each session the group makes a healthy, immune supporting meal, shares the recipes, and tries out a related wellness activity (such as seated yoga postures or relaxation techniques). We cook, clean up and eat together.

The program dates fall on **Thursdays 3:00 pm – 6:00 pm on March 3, 17, 31 and April 7 and 21.**

Registration is limited, so please call or email at the contact below in order to sign up. Priority will be given to people who have not already taken a Boost Immunity program at The Stop, but a wait list will be kept for previous attendees who would like to sign up again.

Kristyn

Community Cooking Coordinator
The Stop Community Food Centre
Kristyn@thestop.org | t: 416-651-7867 x23



Seniors You're Invited!

What: Seniors Peer Advocacy Network (SPAN) Rights and Information Forum

Who: Seniors, Caregivers & Parkdale Community Members

When: Tuesday, March 1st, 2016 from 11:00 am - 3:00 pm

Where: Bonar-Parkdale Presbyterian Church

250 Dunn Ave (Dunn Ave & Queen St W)

Topics include: Wills, Elder Abuse, Social Assistance, Housing, Pensions

No Cost * Lunch Provided * Door Prizes * Activities

Register by Email: thespanproject@gmail.com

or Call: 416-531-2411 ext. 234 or ext. 235

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

Queer Chat held by the 416

The 416 are debuting a new group called "Queer Chat" (a group for those identifying with any letter of the LGBTQ+ acronym). This is a discussion/support group that will be held every first and third Tuesday of the month from 5:00 pm – 6:00 pm at 416 Dundas St. East. The first meeting will be held on March 15, 2016 and the topic is "Coming Out and Being Out: A peer group discussion for those who are out or wondering about coming out". Light refreshments will be served! There will be a screening process, so for those who are interested in attending the group and/or getting a little more information about the group, they can contact the following numbers: Monique 416-928-3334 ext. 234 Tia 416-928-3334 ext. 223.

Employment Matters

CALL FOR AN EXPRESSION OF INTEREST

CRG Research & Engagement Assistant (4 - 6 week contract)

Project Term: March – April 2016

Hours to be determined. Work to be completed on site.

Deadline: March 5, 2016

The Consumer Reference Group Education Project is looking to recruit a research and engagement assistant to support the completion and dissemination of information pertaining to the recent work of the Consumer Reference Group (CRG) of The Access Point (Toronto). For more information and background on the CRG and The Access Point please visit: <http://theaccesspoint.ca> .

Primary responsibilities for this time sensitive work include the following deliverables:

- Collate and integrate the historical work of the CRG and CRG Education Project;
- Develop recommendations for needed research areas, including strategic directions for meaningful client engagement ;
- Preparation of a final report to the LHIN and relevant stakeholder groups;
- Conduct a literature review and analysis of service user engagement in mental health and addiction system transformation;
- Prepare accessible pamphlets, reports, presentations, and other relevant outputs;
- Develop recommendations for next steps/needed research areas, including strategic directions for meaningful service user capacity building and engagement.

Qualifications and Skills

- Knowledge of mental health and addiction service users, Critical Disability and Mad studies and related critical frameworks;
- Background in equity-related analysis an asset;
- Familiarity with history of consumer/survivor initiatives;
- Familiarity with addiction service users peer led initiatives;
- Exceptional organizational and writing skills;
- Demonstrated research experience, strong reading, writing, and editing skills;
- Excellent grammar, spelling and composition skills;
- Proficiency in Microsoft Office products;
- Experience working from a critical perspective informed by lived experience considered an asset.

PROCESS FOR EXPRESSING INTEREST IN THE CONTRACT:

If you are interested in pursuing this opportunity, please send your expression of interest by

midnight March 5, 2016 to:

Email: crg@theaccesspoint.ca

Inquiries phone: (416) 535-8501 Ext 33013

Your expression of interest should describe in no more than 500 words: why you are interested in this work and the skills and qualifications you will bring forward to the completion of the project.

SELECTION PROCESS:

Using the candidate's expression of interest as the basis for selection, all expressions of interest will be evaluated on:

1. The qualifications outlined above;
2. Familiarity with the subject matter;
3. Submission of a sample of writing;
4. CV or Resume;
5. Scheduling availability

Your expression of interest should describe in no more than 500 words: why you are interested in this work and the skills and qualifications you will bring forward to the completion of the project.

Things To Do *in our beautiful city...*

Free and Low-Cost Events for March 1 - 15, 2016

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!



Art

Now through Sunday, March 20, open to the public 24/7. **Outdoor Art Installations: Winter Stations.** The 2nd Annual Winter Stations is an art competition and exhibition across Toronto's waterfront. This year it features lifeguard towers transformed by artists, architects and designers into interactive art installations. www.winterstations.com. The exhibition will take place across Balmy, Kew and Ashbridges Bay beaches located in the heart of the Beach community, south of Queen Street East, between Woodbine and Victoria Park Avenues. **Free**

Authors-To-Be

Wednesday, March 2 from 6:30 pm – 8:00 pm. **The Three Biggest Rules of Self-Publishing.** Toronto-based novelist, public speaker and president of Editor's Desk talks about the industry of self-publishing. 416-394-5270 or eaprograms@torontopubliclibrary.ca to register. Eatonville Library, 430 Burnhamthorpe Road. Adults. **Free**

Book Sales

Thursday, March 3 from 10:00 am – 4:00 pm. **Half-Price Book Sale – Most 50¢ - \$1.** All Books ½ price (except blue dots) including adult fiction (novels, mysteries, sci-fi, romance), and non-fiction (history, biographies, travel, philosophy, religion, health and more), children's and teen's fiction including graphic novels, and non-fiction. Also Friday, March 4, and Saturday, March 5, also 10:00 am – 4:00 pm. bookendsnorth@hotmail.ca. Book Ends, 5120 Yonge Street, Concourse Level. All Ages. **50¢ - \$1**

Saturday, March 5, from 10:00 am – 1:00 pm. **St. Patrick's Day Bake & Book Sale.** What could be better? Books and baked goods for sale at the same place? runnymedepc@bellnet.ca or 416-767-2689. Runnymede Presbyterian Church, 680 Annette Street. All Ages. **Free**

Care Giver Support

Saturday, March 5 from 9:00 am – 12:00 Noon. **Brain Injury Society of Toronto - Family and Caregiver Retreat.** Are you a family member or a caregiver of a person living with the effects of brain injury? Come to the Brain Injury Society of Toronto's free half-day workshop for caregivers of people living with ABI. Topic: dealing with emotions. Must register in advance at info@bist.ca or 416-830-1485. www.bist.ca. Bridgepoint Active Healthcare, 14 St. Matthews Road. Adults. **Free**

Computer Help

Tuesday, March 1 from 10:00 am – 6:00 pm, this event repeats. **iHelp!** One-on-one help with any device - eReader, tablet or laptop. Learn how to download eBooks and magazines, music and movies from Toronto Public Library's website for free with your library card. Beginners welcome. Call to register: 416-393-7715. Jones Branch Public Library, 118 Jones Ave. Seniors. **Free**

Tuesday, March 1 from 10:00 am - 12:30 pm, this event repeats. **Computer Lab Drop-In.** Malvern Family Resource Centre - Women's Place offers a safe space for women of all ages to access and practice computer skills. A dedicated volunteer will be on-site to support women with any questions they have with printing, emailing, etc. Available at both of our locations. For more details, please call: 416-284-4184 ext. 226 or email: womplace@mfrc.org. Malvern Family Resource Centre (Littles Road location), 90 Littles Road. All Ages. **Free**

Crazy Talks

Tuesday, March 1 from 7:00 pm – 8:30 pm. **Crazy Talks.** Elaine Stewart uses imagery and spoken word to weave through the possibilities of art, poetics, body, disability and mothering. How does medicine and psych intersect with these creative spaces? Crazy Talks is a monthly discussion series on psych and mad politics. Join local author Erick Fabris and guest speakers who start each discussion with a presentation. Everyone is invited to participate and contribute. Crazy Talks is not affiliated with any mental health agency or university program. Our meeting space is wheelchair accessible. ASL interpretation may be available upon request. We meet every first Tuesday of the month. For more information, please email madly@teksavvy.com or call: 647-478-4241. OISE, Room 12-274 (12th floor) at 252 Bloor St. West, up from St. George Subway Station.

Free

Creative Women

Friday, March 11 from 1:00 pm – 3:00 pm. **Malvern Family Resource Centre - Women's Place - Creative Women.** Explore art using a variety of mediums! This program is geared to women who like to socialize with other women, and learn new art techniques. Beginners and experts are welcome! For more information, please call 416-284-4184 x 226 or email womplace@mfrc.org. Malvern Family Resource Centre (Littles Road location), 90 Littles Road. All Ages. **Free**

Entrepreneurs and Money

Thursday, March 3 through Thursday August 4, from 6:00 pm – 8:00 pm. **Pop-Up Business Incubator.** Calling all (current and future) entrepreneurs! We invite you to visit our Pop-Up Business Incubator, organized by HumberLaunch (<http://www.humber.ca/humberlaunch/>) and Richview Library. Participants will have an opportunity to attend monthly workshops on a variety of business subjects (business models, marketing, social media presence, pitching), consult with and receive advice from Humber College students and industry professionals, and discover related small business and start-up resources available from Toronto Public Library and HumberLaunch. 416-394-5120. Richview Library, 1806 Islington Avenue. Adults. **Free**

Health Talks

Thursday, March 3, from 6:30 pm – 8:00 pm. **Chemical Exposure.** Registered Holistic Nutritionist Deborah Hutchison discusses chemical exposures in food, water and your environment, and how to limit exposure that can be influencing your health and your weight. 416-394-5270 or earprograms@torontopubliclibrary.ca to register. Eatonville Library, 430 Burnhamthorpe Road. Adults. **Free**

Health & Wellness

Wednesday, March 2 from 7:00 pm - 8:00 pm **A Doctor's Guide to Alternative Medicine: What Works, What Doesn't and Why.** Dr. Mel Borins discusses his new book, for patients and physicians alike, on which alternative treatments work, which don't and, according to the latest scientific research, why they do and don't. This presentation will be of interest both to skeptics about alternative medicine looking for hard evidence and to those who are open to alternative medicine but want to understand its benefits and dangers. North York Central Library Auditorium, 5120 Yonge Street. Adults. **Free**

Thursday, March 10 from 1:30 pm – 2:30 pm. **Wellness Lecture: "Cancer Screening and Prevention."** Join us at the Bernard Betel Centre for a free Wellness Lecture with Toronto Public Health. Toronto Public Health will be discussing cancer risk assessment, screening procedures for men and women, plus more! 416-225-2112 or marial@betelcentre.org. **Free**

Incredible Free Stuff

Wednesday, March 2 and Wednesday, March 9 (every Wednesday) from 7:00 pm – 10:00 pm. **Toronto Tool Library (east End) – Community Nights.** Every Wednesday evening test-drive their tools, like 3D printing, laser cutting or their woodshop! Try working on a project or innovating with others. Check out their community space + Meet the team! 647-559-6734 or <http://torontoollibrary.com/>. Toronto Tool Library (East), 1803 Danforth Ave. Adults. **Free**

Monday, March 14 from 12:00 Noon – 8:00 pm. **Piano Practice Rooms.** Need a place to practice the piano? Parkdale library has one that can be booked free of charge. There is one upright piano in a meeting room. Booking: When the room is not in use, patrons may book up to 2 hours per day to a maximum of 2 hours per week. Call 416-393-7686. Parkdale Public Library, 1303 Queen St. West. All Ages. **Free**

International Women's Day is March 8

Saturday, March 5, starts at 11:00 am. **2016 International Women's Day Toronto.** International Women's Day is a global day celebrating the economic, political and social achievements of women past, present and future. IWD has been celebrated for more than 100 years. In Toronto, IWD has traditionally been a rally and march, and is organized by the IWD Organizing Committee, Women Working with Immigrant Women and social justice, labour, health and women's rights activists. ALL WOMEN RISE UP PROUD & STRONG. No to Violence & Hate: Rise to Reconciliation Now, No to Racism & Islamophobia: Black Lives Matter, No to Poverty: Justice on the Job. (For tables at the fair, email womenandtrans@rsuonline.ca) Rally: 11:00 am, March: 1:00 pm Fair: 2:00 pm. Ryerson Student Centre, 55 Gould Street. OISE Auditorium, 252 Bloor St West. **Free**

Tuesday, March 8 from 12:00 Noon – 3:00 pm. **NYWC: International Women's Day.** North York Women's Centre is pleased to invite you to International Women's Day. Bring your friends and family to celebrate the achievements women have made through our history. Hear empowering stories from guest speakers and form connections with other women. Constance at 416-781-0479 or constance@nywc.org. North York Women's Centre, 116 Industry Street. Adults. **Free**

Tuesday, March 8 from 6:45 – 8:00 pm. **International Women's Day Film Screening: It's A Girl.** In India, China and many other parts of the world today, girls are killed, aborted and abandoned simply because they are girls. This film reveals the issue. Call 416-395-5660 to register. North York Central Library Auditorium, 5120 Yonge Street. Adults. **Free**

Meditation

Friday, March 11 from 6:30 pm – 9:00 pm. **Thich Nhat Hanh Meditation at True Peace Toronto.** Join the Toronto Personal Growth Meetup as we visit True Peace Toronto for an evening of meditation based on the writing of Thich Nhat Hanh. True Peace Toronto is a group of mindfulness practitioners who meet to practice and learn mindfulness together. Our practice is based on the Zen Buddhist teachings of the Vietnamese monk Thich Nhat Hanh. We come from a variety of backgrounds and religious traditions. For more info: <http://www.meetup.com/TorontoPersonalGrowth/>. Miles Nadal JCC, 750 Spadina Ave. Adults. **Free**

Museums – when it's free to visit

Every Wednesday evening from 6:00 pm – 9:00 pm. AGO: Art Gallery of Ontario. **Free**

Every Thursday evening from 5:00 pm – 8:00 pm. **Bata Shoe Museum. Pay What You Can with a suggested donation of \$5**

Pet Loss Support Group

Saturday, March 5, from 11:30 am – 1:00 pm. **Pet Loss Support Group.** If you have experienced the loss of your animal or are anticipating the loss of your animal, know that you are not alone in the grief that you are feeling. The purpose of this group is to create a safe and supportive environment where everyone's grief matters. Participants will have an opportunity to express their loss and share memories of their companions. The group meets the first Saturday of each month. Free, but please RSVP: pawswaypetlossgroup@gmail.com. <http://www.pawsway.ca/programming/seminars/pet-loss-support-group/>. pawswaypetlossgroup@gmail.com or 416-360-7297. Purina Pawsway Event Space, 245 Queens Quay West. All Ages. **Free**

Photography Exhibits and Talks

Friday, March 4, from 7:00 pm – 9:00 pm. **NPCC Speaker Series: Framing Stories - Narrative Photographs By Philip Desjardins.** After forty years spent working as an award-winning documentary cameraman/director as well as a television producer, photographer Philip Desjardins is now on a journey to tell stories in a single frame. This illustrated talk features recent documentary photographs shot throughout North America on themes ranging from aboriginal history to the paradox he sees in the meaning of the term 'Solitaire'. 416-622-5294 or programs@neilsonparkcreativecentre.com. Neilson Park Creative Centre, 56 Neilson Drive. Adults. **Free**

Sunday, March 6 from 10:30 am – 12:00 Noon. **Discovering High Park through Archival Photos.** High Park Master Gardener Terry Fahey narrates the story of changes in the park for the past 100 years, comparing old pictures with current scenes. Meet at the benches across from the Grenadier Restaurant. Contact: Email: highparkwalkingtours@yahoo.ca. High Park, 1873 Bloor Street West. All Ages. **Free**

Science Talk

Friday, March 4, from 2:00 pm – 4:00 pm. **Fact and Fallacy about the Universe.** Dr. John Percy delivers a fun introduction to astronomy as he "corrects" common misconceptions, from space aliens to black holes and the birth of the universe. No science or math background needed! Lots of time for Q&A. Presented in collaboration with the Dunlap Institute for Astronomy and Astrophysics. Register by calling the branch at 416-395-5710. Don Mills Library, 888 Lawrence Avenue East. Seniors. **Free**

Seniors

Wednesday, March 2 from 11:00 am – 3:00 pm. **Grand Reopening!** Join us for our biggest ever Active Living Fair! Informative presentations, Community Information booths, Dancing and Entertainment, Demonstrations of activities, Door prizes and free samples, Healthy snacks will be provided. All are welcome. 416-787-2114 or NicoC@servicesforseniors.ca. St. Clair West Services for Seniors, 2562 Eglinton Ave. West. Seniors. **Free**

Wednesday, March 9 from 10:00 am – 12:00 Noon. **Probus Club of Toronto.** The Probus Club of Toronto welcomes PROfessional BUSiness men and women who have retired from their jobs or business and want to maintain a social network with others who have similar interests. The club meets on the 2nd Wednesday of each month at Holy Rosary Parish Hall, 356 St. Clair Ave West, between the church and Loblaws next to St Clair West TTC station. There is a \$2.00 charge to cover the cost of coffee and snacks. Paul Henderson, a former IOC member, a member of the Olympic Sailing Team and a world Sailing Champion is the March 9 speaker. If you have any questions please contact us at probus.toronto@gmail.com and visit our website probustoronto.com. Holy Rosary Parish Hall, 356 St Clair Avenue West. Seniors. **2.00**

Thursday, March 10 from 10:45 am – 11:45 am. **Let's Keep Talking.** Join this group for a short meditation and share the challenges of maturity. Topics of conversation may include; Grown children issues, maintaining a home as you age, giving up a home/transitions, memory difficulties, health issues, anxiety/depression, grief & loss. danna@ywalc.ca or 416-245-4395. York West Active Living Centre, 1901 Weston Road. Seniors. **Free**

Skating

Now through March 31 various times (see below). **Skating at Shops.** Lace up your skates and take a twirl on CF Shops at Don Mills' very own skating oval. Bring your friends and family out for some fun in the fresh air...all for Free! Hours of Operation: Mon - Fri: 10:00 am – 9:00 pm, Sat: 9:30 am – 7:00 pm, Sun: 11:00 am – 6:00 pm. New - Friday Night DJ Skate! Join CF Shops at Don Mills' resident DJ as he spins your favourite tunes while you skate. Friday Nights, 7 – 9 pm. Forgot your skates? We've got you covered with skate and helmet rentals and skate sharpening. Visit our Skate Shack next to the skating oval for assistance: Fri 5 pm – 9 pm, Sat 9:30 am – 7 pm, Sun 11 am - 6pm *All events are weather dependent and are subject to change* toutounjian@cadillacfairview.com or 416-447-6087. Shops at Don Mills, 1090 Don Mills Road. All Ages. **Free**

Vegetarianism

Monday, March 14 from 6:30 pm – 8:30 pm. **Free screening of Cowspiracy.** Cowspiracy is an environmental documentary following intrepid filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet today and investigates why the world's leading environmental organizations are too afraid to talk about it. As eye-opening as Blackfish, this shocking yet humorous documentary offers a path to global sustainability for a growing population. Free snacks too! Vegetarians of High Park: highpark@veg.ca. Runnymede Library, 2178 Bloor Street West. All Ages. **Free**

Voice Yoga

Monday, March 14 at 2:00 pm. **Voice Yoga.** Come sing, make a sound, read a poem, do vocal noise, tell a story. creativevocalizationstudio@hotmail.com. Secret Handshake Gallery, 170 Baldwin Street, upstairs.

Free-will Offering

Yoga

Wednesday, March 2 from 6:00 pm – 7:30 pm. **Yoga Meditation: presented by SAHAJA Yoga.** Wednesday, March 2, 9, 16, 23, 30. Come experience a true form of meditation - Yoga. Classes are free. For more information, please visit freemeditation.com or call 416-201-7649. The Assembly Hall, 1 Colonel Samuel Smith Park Drive. All Ages. **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.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. Our Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4. www.csinfo.ca

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*From the C/S Info Bulletin Team: Helen and Cassandra and our wonderful volunteers:
Jacqueline, Moira and Martha (the computer gal)!*

Thanks for subscribing!