



Happy First Day of Spring!

# BULLETIN

# 551 March 16 – 31, 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 9–4  
Tel: 416-595-2882 csinfo@camh.ca <http://www.csinfo.ca/>

## Community Announcements



### Upcoming PeerZone Recovery Workshops

#### C/S Info Centre

1001 Queen Street West – Training Room A

April 8: Understanding Our Distress – 1:00 pm - 4:00 pm

Call to register: 416-595-2882

#### Gerstein Centre

At the 519 at 519 Church Street

March 20: Optimizing Our Income – 1:00 pm - 4:00 pm

Register online: <http://gersteincentre.org/wellness-and-recovery/peerzone/> or call: 416-929-0149 ext. 259

#### Krasman Centre in Alliston

Satellite Office (Alliston) 17 Paris Street tel: 1-705-435-0054 toll-free: 1-888-780-0724

March 22, 2016: Enhancing our Relationships – 12:00 Noon - 3:00 pm

March 29, 2016: Optimizing our Income – 12:00 Noon - 3:00 pm

April 5, 2016: Empowering Ourselves in Mental Health Services – 12:00 Noon - 3:00 pm

April 12, 2016: Empowering Ourselves in Alcohol and Drug Services – 12:00 Noon - 3:00 pm

May 3, 2016: Finding and Keeping a Home - 12:00 Noon - 3:00 pm

May 10, 2016: Finding and Keeping Work – 12:00 Noon - 3:00 pm

Please contact the Krasman Centre in Alliston to register at: 1-705-435-0054 ext. 139 or toll free: 1-888-780-0724

Please note that participants have to register in advance, as space is limited.

# Open the door to Mad Pride Week...

**Let's celebrate and learn about:**

- Stories of mad people, psychiatric survivors, consumers, folks labelled "mentally ill", and "normal"
- History of struggles and courage that fought and continues to fight discrimination
- Mad culture, music, art, humour, food and fun

**Mad Pride needs your help to create great events like:**

- Mad Comedy and Music nights - show that we are more than a diagnosis
- Bed-push Parade - show that we have made progress since 1993's first "anti-psychiatry" event - We are here in the community and living full, fun, loud lives
- Mad Market - find art, food, classes and organizations

**You are the KEY to making this Mad Pride Week great:**

- Last year, we heard that people wanted to know more about the events and how to get involved early. This is your chance.
- Volunteer and Learn with awesome Mad people

***Tuesday March 29, 2016 from 5:30 pm – 7:30 pm*** Location to be determined. Find out the location by emailing:  
**torontomadpride@gmail.com or facebook.com/torontomadpride**

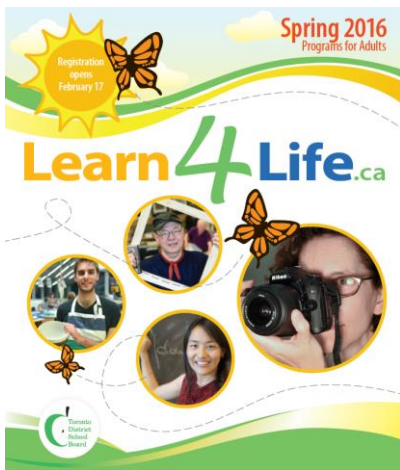
**Contact:** [torontomadpride@gmail.com](mailto:torontomadpride@gmail.com) [www.torontomadpride.com](http://www.torontomadpride.com)

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

**We are creating an inclusive and supportive Mad Pride Week planning team: anxious, new and experienced people are welcome :)**

**"Now is the time, Mad is the day. Get support from people who have been there too. Help build a better, safer and richer Mad Toronto."**





Thinking about taking a class or learning a new skill? The Learn 4 Life Spring Catalogue is available. Pick one up at your local library. Alternatively, you can go online and view the catalogue here:  
[http://www.tdsb.on.ca/Portals/0/AdultLearners/docs/Complete%20Learn4Life\\_Spring\\_2016.pdf](http://www.tdsb.on.ca/Portals/0/AdultLearners/docs/Complete%20Learn4Life_Spring_2016.pdf)

Remember, those on OW or ODSP can inquire about a class subsidy: A GAINS certificate or Social Assistance Receipt is required to qualify for the reduced rate of \$10 per course. A copy must be submitted with the application form to support this request.

This reduced rate applies to course fees only and is limited to one course per term. Material costs or specialized fees are payable in full. Remember for a subsidized course there are no refunds.

### Mental Health Peer Support Organization (MHPSO)

Meeting at: St. Joseph's Health Centre, 30 The Queensway, Toronto  
 Meeting Room: Central Conference Dining Room  
 Non-judgmental, goal oriented group, with empathy & support  
 Meetup Day: Most Mondays 7:00 pm – 9:30 pm, + socials, verify online  
 Contact: [mhpso.com@gmail.com](mailto:mhpso.com@gmail.com)  
 For more info: [www.meetup.com/Mental-Health-Peer-Support-Organization/](http://www.meetup.com/Mental-Health-Peer-Support-Organization/)

## 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](mailto:gandier47@hotmail.com) or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at: 416 595-2882 and we'll email Martha for you and then she'll call you. Also, if you have any computer article suggestions for Martha please let us know!

## Employment Matters

### **Full Time Youth Drop-In Worker at The Yonge Street Mission**

**Deadline for Application:** March 20, 2016

View the job posting here: <https://charityvillage.com/jobs/search-results/job-detail.aspx?id=333868&l=2>

**Send resume and cover letter to:** Aleke Dekker: [adekker@ysm.ca](mailto:adekker@ysm.ca)



## **Full Time Administrative Assistant at the Ontario Dental Association**

**Deadline for Application:** March 25, 2016

View the job posting here: <https://charityvillage.com/jobs/search-results/job-detail.aspx?id=334470&l=2>

**Apply online at the link above**

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## **Full Time Contract Administrative Coordinator/Data Base Management Ronald McDonald House Charities Canada**

**Deadline for Application:** March 28, 2016

View the job posting here: <https://charityvillage.com/jobs/search-results/job-detail.aspx?id=334458&l=2>

**Apply online at the link above**

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## **Full Time Drop-in/Volunteer Coordinator Weston King Neighbourhood Centre**

**Deadline for Application:** March 25, 2016

View the job posting here: <https://charityvillage.com/jobs/search-results/job-detail.aspx?id=334281&l=2>

**Apply online at the link above**

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## **The Raging Spoon is Hiring**

The Raging Spoon is hiring a cook position for its catering service. They offer a supportive work environment for consumer survivors consisting of applicable culinary training and a deep awareness of survivor challenges in the workplace. Previous commercial kitchen experience would be an asset. They do not however, turn away consumer survivor applicants based on lack of experience, but need to employ discretion when considering applicants for the position.

Please submit your c.v./resume by mid-April either by mail, walk-in or email to:

Address: 1658 Queen St. West Toronto, ON M6R 1B2

Phone: 416-504-6128

Email: [ragingspoon@bellnet.ca](mailto:ragingspoon@bellnet.ca)

## **Helen is retiring and we are looking for someone new!**

### **Consumer/Survivor Information Resource Centre of Toronto**

#### **Job Description: Executive Director, full time position**

#### **Responsible To: Board of Directors**

The Consumer/Survivor Information Resource Centre of Toronto (C/S Info) has been established to meet the information needs of consumer/survivors in the Toronto area. The Centre provides information, outreach, and related services with the goal of removing the information barriers that may prevent consumer/survivors from achieving an optimal quality of life. It seeks to raise awareness and understanding of mental health challenges and addictions. It also aids people in the competent use of the health care system and social support agencies, and strives to raise awareness of the factors that influence health. It operates on the belief that timely information distribution equips people to better utilize the resources available within the community.

**Job Purpose:** The Executive Director is responsible for establishing and executing the major goals and objectives for the C/S Info Centre; implementing policies established by the board of directors; providing leadership, direction and guidance of the activities of the centre; representing the organization to regulatory bodies, other agencies, funders, supporters and the general public.

#### **General Responsibilities:**

- Oversee day-to-day operation of the Consumer/Survivor Information Resource Centre and financial operations.
- Supervise, coordinate, and further develop the C/S Info drop-in centre and programs.
- Respond to queries for information pertaining to mental health and addiction issues and supports.
- Ensure that C/S Info is operated within the policies/procedures and mission of the organization.
- Hire, provide supervision, training & development of employee(s) and volunteers of C/S Info.
- Ensure the confidentiality of C/S Info's clients.
- Complete a workload measurement tool and a client contact log for statistical and funding purposes.
- Supervise the Income Tax Clinic and liaise with Canada Revenue Agency.
- Plan, develop and execute a workshop series of events of interest to Consumer/ Survivors.
- Outreach and network with funders, general membership, & community partners.
- Plan and/or participate with Consumer/Survivor stakeholders in community events to raise C/S Info's profile, share information, and advocate for the basic rights of Consumer/ Survivors.
- Expand and diversify the organization's resource material.
- Supervise the development, production, and distribution of C/S Info's newsletter and ensure the quality of the newsletter and that the content within the newsletter is appropriate.
- Oversee the maintenance of the website and social media presence.
- Responsible for the day-to-day financial operations of the organization (record keeping, petty cash, etc.).
- Perform duties of other employees when necessary.

#### **Responsibilities to the Board of Directors:**

- Work with the Chair (Co-Chairs) and other board members on distributing a monthly board agenda, meeting minutes, and other board related materials.
- Present a written report on agency business to the Board of Directors every month and/or as directed by the Board of Directors.
- Work with the C/S Info Board of Directors to strategize on how best to reach and maintain the organization's goals and objectives, and encourage growth and diversification of C/S Info's activities.
- Develop proposals to enhance the organization and investigate alternative sources of funding and resources.
- Order food for meetings, coordinate venues, entertainment, and any other necessities for Annual General Meetings and board retreats.
- Other duties as required and/or as directed by the Board of Directors.



## Qualifications:

- Must be a psychiatric consumer/survivor.
- Thorough knowledge of the services and resources available to consumer/survivors and people with substance use concerns.
- Knowledge of peer support recovery best practices and strength-based language.
- Knowledge about information technology (hardware and software), social media and website.
- Excellent oral and written communication skills, including presentation and public speaking skills and experience.
- Excellent interpersonal skills (i.e. able to work with consumer/survivors and mental health professionals).
- Supervisory experience.
- Experience in budgeting and in writing proposals.
- Experience in accounting and bookkeeping in a computerized environment is an asset.

## Working Conditions

The position is located in the heart of CAMH (Centre for Addiction and Mental Health). As such, the person must be able to work in a busy, noisy and sometimes stressful environment and be able to multitask in the midst of confusion. Some evening, weekend and overtime hours may be necessary to accommodate activities such as Board meetings and representing the organization at public events.

## Direct Reports

Assistant Coordinator, casual staff, bookkeeper and volunteers.

**Salary:** \$40,000 - \$45,000, depending on experience

**Closing Date:** Friday, April 1, 2016. Please send your cover letter and resume to: [csinfo@camh.ca](mailto:csinfo@camh.ca)

# Things To Do

*in our beautiful city...*

## Free and Low-Cost Events for March 16 - 31, 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

Wednesday, March 16 from 9:30 am – 11:00 am. **Colouring for Adults.** Join for a fun adult colouring program and learn why this pastime is so popular. Studies say that colouring is great for improved memory, focus, relaxation, decreased stress, creativity, improved motor skills and more. Not to mention it's loads of fun. Materials will be provided or bring your own. Drop in. Come to socialize, meet new people and have fun. [marial@betelcentre.org](mailto:marial@betelcentre.org) or 416-225-2112. Bernard Betel Centre, 1003 Steeles Ave. W. Seniors. **Free**

Wednesday, March 30 from 2:00 pm – 3:30 pm. **Colouring for Adults.** Curious about the adult colouring phenomenon? Experience the latest relaxation trend. Studies show colouring can relieve stress and promote wellness. Colouring pages, coloured pencils and markers are provided or you can bring your own. Drop in. 416-394-5120. Richview Library, 1806 Islington Ave. Adults. **Free**

## Author Series

Thursday, March 24 from 7:00 pm – 8:00 pm. **John Boyko.** The eh List Author Series presents best-selling author John Boyko and his latest book, *Cold Fire: Kennedy's Northern Front*. Featuring newly released documents and shocking revelations, Boyko exposes Canada's role in the Cold War, Cuban Missile Crisis and helping Kennedy slide America into Vietnam. Book signing to follow. Toronto Reference Library Atrium, 789 Yonge St. **Free**



## Canadian Opera Company Free Concert Series

Thursday, March 17 from 12 Noon – 1:00 pm. **Vocal Series.** Cawthra Park Chamber Choir. Charles Sy, tenor Bob Anderson, conductor. Choral Journeys: Then and Now. Cawthra Park Chamber Choir and conductor Bob Anderson take the audience on a journey through various choral traditions and styles from the Renaissance to contemporary Canadian works. COC Ensemble Studio member and Cawthra Park alumnus tenor Charles Sy reunites with his high school alma mater in a special performance. 416-363-8231. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. West. Late seating isn't available. **Free**

Tuesday, March 22 from 12 Noon – 1:00 pm. **Dance Series.** Canada's Ballet Jörgen – Excerpts from *Sleeping Beauty*. The creation of new ballets is at the heart of Canada's Ballet Jörgen, a company seeking to build dance from coast to coast to coast. In this program, the dancers present highlights from the new full-length production of *Sleeping Beauty* (premiering October 2015) along with other works. 416-363-8231. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. West. Late seating is not available. **Free**



Thursday, March 24 from 12 Noon – 1:00 pm. **Chamber Music Series.** Artists of The Glenn Gould School. Exquisite Chamber. Talented young artists from The Glenn Gould School perform a rich and varied program of music for chamber ensemble. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. West. 416-363-8231. Late seating is not available. **Free**

Tuesday, March 29 from 12 Noon – 1:00 pm. **Vocal Series.** Artists of the COC Ensemble Studio. Four Tenors. The four tenors of the COC Ensemble Studio (Andrew Haji, Jean-Philippe Fortier-Lazure, Charles Sy, and Aaron Sheppard) team up in a program featuring beloved arias and ensembles that showcase the beauty of the tenor voice. 416-363-8231. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. West. Late seating is not available. **Free.**

Thursday, March 31 from 12 Noon – 1:00 pm. **Dance Series.** Danielle Baskerville, artistic producer DA Hoskins, choreographer. *Jackie Burroughs is Dead* (and what are you going to do about it?). Artistic producer Danielle Baskerville and choreographer DA Hoskins present a preview of their new work which focuses on how energy reverberates and grows through exchange—an echoing forever permeating the present and speaking of the residuals of loss. Throughout the creative process, dancers drew upon personal experiences, including the loss in 2010 of Canadian stage and film actress Jackie Burroughs, a highly dedicated contemporary dance enthusiast whose enduring presence inspired many dance artists throughout her lifetime. The work explores the power of reaction-how we observe, absorb and ultimately respond. 416-363-8231. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen St. W. Late seating isn't available. **Free**

## Computer



Saturday, March 26 from 1:00 pm – 3:30 pm.

### **Women Who Code T.O. are coming to Cedarbrae!**

Join us for this exciting three-part program that will get you started with the basics of HTML and website creation. Each session will cover important fundamentals of HTML – what it is, how it works, and how you can apply it.

Cedarbrae Branch Learning Centre. Registration

required. Call for more info. Attendance at all three sessions is required. Have your own laptop with Notepad? Bring it to your sessions! Please bring a USB stick to save your work. Teens and Adults welcome! Although this is presented by Women Who Code T.O., this program is not just for women! 3 Sessions Saturday, March 26 from 1:00 pm - 3:30 pm, Saturday, April 9, 1:00 pm – 3:00 pm and Saturday, April 23, 1:00 – 3:00 pm. 416-396-8850. Cedarbrae Library, 545 Markham Road. Adults. **Free**

## Dance

Tuesday, March 22 and Tuesday, March 29 from 5:30 pm – 6:30 pm. **Free Salsa Dance Class.** Join Darlene Wang de Martinez, director and principal dancer, and members of Baila Boogaloo Dance Company in SALSA at the Sony Centre for a super fun, easy to learn, 'caliente' beginner salsa lesson! Enter through Yonge St. entrance. Doors open at 5:15 pm. No previous dance experience required. No partner required, but you will be dancing with other members of the class. Please wear smooth soled shoes, dress shoes or socks – no outside shoes or shoes with tread. The class has a capacity of 33 students and will be filled on a first-come, first-served basis. Sony Centre For The Performing Arts, 1 Front Street East. Adults. **Free**

## Easter

Sunday, March 27 at 2:00 pm. **2016 Toronto Beaches Lions 50<sup>th</sup> Easter Parade.** It runs for approximately 2 hours. The parade begins on Queen Street at Munro Park and proceeds west along Queen Street ending at Woodbine Ave. **Free**

## Expo & Flea Markets

Friday, March 18 - Sunday, March 20 from 11:30 am – 8:00 pm. **The Gem Expo.** The Gem Expo is Canada's premier show for beads, beading supplies and tools, gems & gemstones, copper and sterling silver findings, jewellery, minerals, amber, pearls, glass and lampwork artisans. The show features handmade jewellery from talented artisans and features a large variety of precious and semi-precious stones such as diamonds, rubies, sapphires, emeralds, pearls, and many others. Whether you're looking for strands to make your own jewellery, beautifully faceted stones for setting or wire wrapping, or finished pieces with exquisite gems, exquisite mineral samples or interested in the healing properties of minerals, The Gem Expo has it all. The Gem Expo is held 3 times a year at the Hyatt Regency on King. The show also supports a local charity through a silent auction. Salim@TheGemExpo.com, 647-773-9001 or www.thengemexpo.com. Hyatt Regency Toronto, 370 King Street West. All Ages. **\$6**

Sunday, March 27 from 10:00 am - 5:00 pm. **Parkdale Flea.** Featuring vendors ranging from antiques, vintage, collectables, local artisans and designers. info@parkdaleflea.com 1266 Queen Street West. All Ages. **Free**

## Games

Thursday, March 31 from 6:00 pm – 9:00 pm, this event repeats. **Family Game Nights.** Good old fashion family game nights for all ages. Bring your favorite game or try a new one. We have classic games and many cool new titles - something for everyone! make new friends, have some fun and get your Game On! anna@bridlewoodmall.com. Bridlewood Mall, 2900 Warden Ave. All Ages. **Free**



Thursday, March 31 from 2:00 pm - 4:00 pm. **Brookbanks Branch Seniors Board Games.** Join us at Brookbanks library for a selection of engaging games and an afternoon of strategy, competition and fun! Drop-in, no registration required. 416-395-5480. Brookbanks Library, 210 Brookbanks Dr. Seniors. **Free**

### **International Women's Day celebrations continue**

Thursday, March 31 from 5:00 pm – 8:00 pm. **International Women's Day.** Join Us! For an evening of dance, poetry, theatre, art and more. Celebrate social, economic, cultural and political achievements of women. Register at: [www.skillsforchange.org/events/iwd](http://www.skillsforchange.org/events/iwd). [iwd@skillsforchange.org](mailto:iwd@skillsforchange.org). 416-658-3101. Skills for Change, 791 St. Clair Ave. West. **Free**

### **Movies**

Wednesday, March 16, 23 and 30 from 2:00 pm – 4:00 pm. **Wednesday Afternoon at the Movies.** Movies at Beaches Library Branch. March 16: The Englishman Who Went Up A Hill But Came Down A Mountain (1995), March 23rd: From Russia With Love (1963), March 30th: Bullets Over Broadway (1994). 416-393-7703. Beaches Library, 2161 Queen Street East at Lee Avenue. **Free**

Thursday, March 31 at 7:30 pm. **Movie Thursday - La Fille Coupee En Deux.** A black comedy centered around a TV weather girl and the two very different men who pursue her. Released in August, 2007 (115 min) Directed by: Claude Chabrol Stars: Benoit Magimel, Ludivine Sagnier, François Berléand. Type: Drama, Thriller. The movie will be screened in French with English subtitles. 416-922-2014. Alliance Francaise, 24 Spadina Road. All Ages. **Free**

Wednesday, March 30 from 6:15 pm - 8:15 pm. **William Shakespeare's A Midsummer Night's Dream.** William Shakespeare's most popular comedy, was written around 1594 or 1595. It portrays the adventures of four young lovers and a group of amateur actors, their interactions with woodland fairies and a duke and duchess. 116 minutes. Rated PG. Content Advisories: Nudity, Some Sexual Content. Drop-In Movie. First Come, First Seated. Cast: Rupert Everett, Calista Flockhart, Kevin Kline, Michelle Pfeiffer and Stanley Tucci. 416-394-5247. [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca). Brentwood Library, 36 Brentwood Rd North. Adults. **Free**

Monday, March 21 from 7:00 pm – 8:00 pm. **The Death of Kao-Kuk, The Great Machine and Seth's Dominion.** Join us for three National Film Board of Canada movies. The 2014 feature documentary is Seth's Dominion, which looks at Canadian cartoonist Seth, best known for comic books such as Palookaville, who is one of the world's great storytellers in this form. In this deft portrait of one of our most unique artists, Seth proves to be a wry and engaging narrator of his life story and artistic process. Two of Seth's shorts are also presented: The Death of Kao-Kuk and The Great Machine. 51 minutes, 40 seconds. Drop-In Program. First Come, First Seated. Todd Buhrows [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca) or 416-394-5247. Brentwood Library, 36 Brentwood Rd North. Adults. **Free**

### **Museums – when it's free to visit**

Every Wednesday from 4:00 pm – 8:00 pm. **Aga Khan Museum.** Explore the Aga Khan Museum for free every Wednesday. [www.agakhanmuseum.org](http://www.agakhanmuseum.org) or 416-646-4667. 77 Wynford Drive, close to Don Mills Road and Eglinton Ave. East. **Free**

### **Repair Café**

Saturday, March 19 from 10:00 am – 2:00 pm (Registration closes at 1:00 pm) **The Repair Café** will be back at Skills for Change in March. At this monthly gathering, we will have volunteer fixers available for computers, electronics, small appliances, clothes, jewellery, book and paper repairs, among others. For whatever you need fixing, bring it on! You can learn how to fix it while enjoying a cup of coffee or tea. To avoid lineups, please arrive early. For more info about visiting the Repair Café, please go to: <http://repaircafetoronto.ca/>. Stairway access only. Skills for Change, 791 St. Clair Ave. West, 2nd Floor. **Free (Donations are welcome)**

## The Royal Conservatory of Music

Friday, March 18 from 10:00 am – 12:30 and again from 2:00 pm – 4:00 pm. **The Royal Conservatory of Music: John Perry, piano.** [masterclass@rcmusic.ca](mailto:masterclass@rcmusic.ca) or 416-408-2824 ext. 320. Observers welcome. The Royal Conservatory of Music, Mazzoleni Hall, 273 Bloor Street West. **Free**

Sunday, March 20 from 10:00 am – 12:30 pm and again from 1:30 pm – 4:00 pm. **The Royal Conservatory of Music: Don Liuzzi, timpani.** 416-408-0208. Conservatory Theatre, 273 Bloor St. W. Observers welcome. **Free**

## Sewing

Monday, March 21 from 6:30 pm – 7:30 pm. **Hand Sewing Workshop.** Learn the basics of hand sewing a variety of media including recycled materials. Sewing materials will be provided. Novice sewers welcome. Drop in. No registration is required. 416-396-8850. Cedarbrae Library, 545 Markham Road. Adults. **Free**



## Yarn Lovers

Thursday, March 31 from 6:00 pm – 8:00 pm, this event repeats. **Yarn Lovers Wanted.** Do you knit or crochet and want company? Would you like to learn to knit or crochet? Join us Thursday evenings for knitting, crocheting, and company. Share or learn. Bring your project or supplies. We do not provide yarn or needles. [quanah1@gmail.com](mailto:quanah1@gmail.com). Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

## Yoga

Tuesday, March 22 and Tuesday, March 29 from 12:00 Noon – 1:00 pm. **Free Drop-In Lunchtime Yoga.** Lunchtime yoga classes are back! Spend your lunch hour stretching, twisting and breathing and add some calm to the middle of a hectic work day. These classes are generously supported by Moksha Yoga Danforth. Late comers will not be admitted. No previous yoga experience required. Washrooms available for changing. Bring your own mat. Sony Centre For The Performing Arts, 1 Front Street East. 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. Our Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4. [www.csinfo.ca](http://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!***