

*April Showers...*



*...bring May flowers!*

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

# BULLETIN

# 553 April 16 – 30, 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/>

## Helen is Retiring and We're Having a Party for Her!



You are all invited to Helen Hook's Retirement Party on Wednesday, May 4 from 3:00 pm - 5:00 pm at CAMH, 1001 Queen Street West in The Mall/The Paul Christie Community Centre, just outside of the C/S Info Centre's office.

Please join us for refreshments and cake as we say goodbye to The Executive Director of the C/S Info Centre.

Please no gifts, your presence at the party is a present in itself!  
We hope to see you there!



The Self Help Resource Centre will be launching a new ODSP Peer Navigator Program this summer. It's a program for people applying, or who are already on ODSP looking to successfully navigate the ODSP system while sharing resources, building social supports and developing wellness tools. The ODSP Peer Navigator Program recognizes how overcoming challenges within the ODSP system develops valuable skills that can empower us in our future opportunities.

### **AND WE NEED YOUR HELP!**

While we prepare the program, we need to hear your voice! If you, a loved one or a client of yours is on ODSP, trying to get on ODSP, or have experience with ODSP please fill out our survey:

<http://www.selfhelp.on.ca/odspneeds>

Alternatively, paper copies of the survey can be obtained at the Self Help Resource Centre, 40 St. Clair Ave. E. Suite 307. The survey will be open until April 22, 2016. Thank you!

# A Meeting with Consumer Advocates

## Future State of Mental Health Addiction Services

The Consumer Reference Education Project of the Access Point invites consumer/peer advocates to our follow-up meeting of the Service Users Educational Project

**Wednesday, April 20, 2016**

**3:00 pm - 5:00 pm**

**LHIN OFFICES**

**425 Bloor St. West**

**Limited Space**

**PLEASE RSVP at:** [crg@theaccesspoint.ca](mailto:crg@theaccesspoint.ca)

Inquiries: phone Lucy Costa: 416-535-8501 ext. 33013

The purpose of this meeting is to talk about the next phase of establishing integrated access for Mental Health and Addictions services in and around Toronto and the Greater Toronto Area, the recent LHIN consultations and how to ensure accountability in the way we participate in future planning.

### **Speakers Include:**

Consumer - Speaking on the Patients First Government Report

Rana Khan - Peer Advocate (Speaking about the CRG Education Project)

Lana Frado - speaking on consumer/survivor input into the future of system change

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**Getting on with Life and Its Challenges**, a recovery and skills development group of Regeneration Community Services and The Four Villages Community Health Centre are hosting our spring workshop series: Spring Forward, Get Healthy. Held in the board room of the Regeneration Head Office at 2238 Dundas Street West, Suite 307, the workshops will be every Wednesday from April 20 to June 22, 1:30 pm - 3:30 pm.

April 20 – Finding Resources in the Community

May 25 – How to Alleviate Stress

April 27 – Fun Playing Games

June 1 – Learning About Schizophrenia

May 4 – Coping with Conflict

June 8 – Outing to High Park

May 11 – Cognitive Behaviour Therapy

June 15 – Physical Fitness For Health

May 18 – Nutrition For Wellness

June 22 – Celebratory Meal & Evaluation

All workshops are on a drop-in basis (no registration required) and free of charge. For more information, call Balazs at: 416-703-9645 ext. 301 or Jennifer at: 416-604-0640 ext. 1052.

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## **Introduction to STAR: Information Session**

STAR (Supporting Transitions and Recovery) Learning Centre is an adult education program offering free courses and workshops for anyone who has experienced challenges around housing or financial instability.

*Please join us at our upcoming information session to find out more about STAR Learning Centre workshops, courses, and how to get involved.*

Date: **April 25, 2016 from 10:00 am - 12:00 Noon**

Location: **40 Oak St. Toronto, ON (CRC)**

Main intersection: **Oak St. and Parliament.**

If you would like to attend, please sign up by calling:  
647-302-7827 or email us at: [star@smh.ca](mailto:star@smh.ca) Thank you!

**St. Michael's**

Inspired Care.  
Inspiring Science.

**STAR LEARNING CENTRE**  
A Project of the Urban Angel Fund for Homeless People

### **Developing and Supporting Peer Support Teams**

**Krasman Centre will be hosting Keynote Speaker: Mary O'Hagan**

April 26, 2016 from 9:00 am – 4:00 pm

Newmarket Community Centre – 200 Doug Duncan Dr.

\$50 – lunch provided

Mary O'Hagan used mental health services in New Zealand for eight years as a young woman. Ever since, she has worked to make a difference to the way society and services respond to people with major mental distress.

Mary O'Hagan is a leader in the Peer Movement!

- An initiator of the service user movement in New Zealand
- The first Chair of the World Network of Users and Survivors of Psychiatry
- An advisor to the United Nations and World Health Organization
- A Mental Health Commissioner for New Zealand

Register at: [www.krasmancentre.com](http://www.krasmancentre.com) using Eventbrite or contact Krasman Centre: 905-780-0491 ext. 128

Or directly at: [https://www.eventbrite.com/e/developing-and-supporting-peer-support-teams-tickets-23862208508?utm\\_source=eb\\_email&utm\\_medium=email&utm\\_campaign=new\\_event\\_email&utm\\_term=view\\_myevent\\_button](https://www.eventbrite.com/e/developing-and-supporting-peer-support-teams-tickets-23862208508?utm_source=eb_email&utm_medium=email&utm_campaign=new_event_email&utm_term=view_myevent_button)

Registration closes April 18<sup>th</sup> (Agency cheques made payable to Krasman Centre please)

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### **Progress Place 7th Annual Health and Wellness Fair**

Wednesday, April 20, 2016 from 2:00 pm - 4:00 pm

576 Church St. (intersection of Church and Wellesley)

Come out and visit booths from over 15 various agencies featuring topics relating to health promotion and illness prevention, nutrition and physical activity.

We welcome all consumers and service providers. 416-323-0223

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### **International Premiere Screening of 'Healing Voices' Film**

Friday, April 29 at 7:00 pm, The Scotiabank Studio Theatre within The Pia Bouman School of Ballet and Creative Movement, 6 Noble St. (Queen & Dufferin, 1 block West on Queen and just North on Noble)

Free (donations accepted) – RSVP (Limited Seating Capacity) – Brian McKinnon, 416-285-7996, ext. 227

[www.healingvoicesmovie.com](http://www.healingvoicesmovie.com)

The **Women's Empowerment Series** is a set of three skill-building programs. (It is not mandatory to have taken part in the other parts of the series.) Weekly workshops are held in a supportive environment, with group discussions and interactive activities. Participants will gain skills and knowledge to move forward in their lives, while making connections with other women.

The **Women's Empowerment Series** focuses on:

- Building women's strengths and resiliency
- Strengthening personal power and self-confidence
- Promoting success in making positive change

**Location:**

**Bathurst – Finch Community Hub**  
**(540 Finch Ave. West)**

- **May 20, 2016 to July 22, 2016**
- **Fridays: 10:00 am - 12:30 pm**

**Exploring our Potential** is the second program of the three-part **Women's Empowerment Series**. In **Exploring our Potential**, participants will gain knowledge of themselves by exploring strengths, skills and identity. They will examine their individual needs, priorities and options. Tasks and activities will allow space for each participant to have "me time," while also encouraging women to share and learn from each other in a supportive environment.

**INTAKE APPOINTMENTS BEFORE THE PROGRAM BEGINS ARE REQUIRED. REGISTER BY APRIL 28**

Call NYWC: 416-781-0479 to schedule an intake appointment or call Unison at: 647-436-0385 ext. 523

This program is Free. Want more information on NYWC? Visit: [www.nywc.org](http://www.nywc.org)

## **Save The Date**

### **Circle the date for these upcoming events...**

- 1. Please join artist Kim Benoit, for the opening of Kim's art exhibition, 'Two sides'.** This show of paintings is held to raise awareness of mental health in the workplace. Pieces of art will depict themes concerning mental health. The event is free and open to everyone who likes art and wants to put an end to stigma. The exhibition is being held at Cabinet, 354 Davenport Rd. Opening is on Monday, May 2, 2016 from 7:00 pm – 9:00 pm. Exhibition runs May 2 through May 8, 2016. For more info please contact Kim: benoitkim8@gmail.com or 647-526-5461. Hope to see you there.
- 2. Suits Me Fine Fashion Show 2016 – See Me Shine, A Red Carpet Event.** Thursday, May 5, 2016, Sandi and Jim Treliving Gymnasium, Bell Gateway Building, CAMH Queen Street Site, 100 Stokes St. Archway Musical Group Pre-Show: 1:00 pm - 1:30 pm / Fashion Show: 1:30 pm - 3:30 pm Free Admission, All Are Welcome. [www.camh.ca/suitsmefine](http://www.camh.ca/suitsmefine)
- 3. VOICE YOGA –** The next session takes place Monday, May 9, 2016 at 2:00 pm at the Secret Handshake Gallery, 170 Baldwin St., upstairs. Free will offering. More info: creativevocalizationstudio@hotmail.com
- 4. North York Women's Centre – Reclaiming Yourself After Abuse.** 10-week group for women who have experienced violence in intimate relationships. A supportive environment to strengthen individual coping skills and develop strategies for moving forward. Wednesdays, June 22 – August 24, 2016. Register by June 7: 416-781-0479. 116 Industry St.
- 5. The Friendly Spike Theatre Band is delighted to announce the company's 2016 production: What's Next...The Big C? By Henrik Kartna –** Tuesday, July 12 (preview) to Friday, July 15, 2016 at 7:00 pm The Scotiabank Studio Theatre within the Pia Bouman School of Ballet and Creative Movement, 6 Noble St., PWYC, Reservations are advised: [friendlyspike@primus.ca](mailto:friendlyspike@primus.ca) Opening Night: Wednesday, July 13, 2016

# Computer Column

## Common computer conundrums by Martha (The Computer Gal)

Thank you to a dear reader, Mr. J., for these suggestions...

### Slow start-up/shut-down

Can be caused by a number of things. First thing you should do is to run a scan for both viruses and malware. Malwarebytes is my go-to antimalware program, you can get a free trial here:

<https://www.malwarebytes.org/mwb-download/>

See if you like it. It's \$32 a year and well worth the dollars in peace of mind. The free trial will probably pick up quite a few threats, and might make a difference in your start up speed.

There are some amazing free antivirus programs these days, my current fave is Avira. When downloading free software by the way, be careful not to click on any products that are suggested like 'speed up your computer' or 'get this browser'. The ads are how you can make money from a free program, and there is always the chance the products aren't legit. Also be sure to select the 'free' version. Here's the download page for Avira:

<http://www.avira.com/en/avira-free-antivirus>

My all-time favourite antivirus is ESET, and you can try it out for free as well: <http://www.eset.com/us/>

Eset has an online scanner that is free to use and will pick up any nasties lurking in your system. It's very thorough and takes a while to scan, so be patient. <http://www.eset.com/us/online-scanner/>

Another common reason for a slow start up is the number of programs your computer starts automatically as soon as it's turned on. In the little search field you see directly above the button when you hit 'Start', type 'msconfig'. Click on it when it comes up, and the 'system configuration' window will open. Click on the 'start up' tab and you'll see the programs that are configured to start as soon as the computer is turned on. Uncheck as many as you can. If you're unsure of what the programs are, do a Google search for them. New machines will have many, many things set to run automatically and this will increase the start-up time. FYI: the only start-up applications I have running at start up are ESET, Malwarebytes and Java.

### Programs running slowly

You might need to clean and defragment your hard disc. Defrag is usually set to automatically run at a specific time, but you'll have to clean your HDD manually. Go to Start>AllPrograms>Accessories>SystemTools and choose 'Disk Cleanup'. It will ask you what disk you want to clean, so choose the one with the operating system on it, usually 'C'. It will tell you how much space you're freeing up.

Make sure your Windows Updates are set to download and install automatically. Sometimes there's a critical update for a Microsoft Office component and if you don't have it installed it can slow everything down.

Again, go to 'Start>AllPrograms'. Click on 'Windows Updates' and look at 'Change settings'. Choose a time, and if you don't happen to have your computer turned on at that time Windows will update as soon as you boot up.

### Internet Popups

They're not just a pain in the neck, they can be pretty malicious. And scary. The quickest and most effective way to control them is Adblock. You can get this little add-on for most browsers, and here is the link:

[https://www.google.com/?gws\\_rd=ssl#q=adblock+firefox](https://www.google.com/?gws_rd=ssl#q=adblock+firefox)

When it asks you, just let it add itself to your browser. No installation is needed. Unfortunately, lots of popups might mean that you have inadvertently downloaded a major nasty, and again, the combination of ESET or other antivirus plus Malwarebytes should take care of that.



I've been using a little program called ComboFix for a long, long time and it's never let me down. Download it from BleepingComputer. BC has also been around for a while, and is trustworthy. (BTW I've been around for a long, long time too!!) <http://www.bleepingcomputer.com/download/combfix/>

Here's another free program that will clear out all the bits and pieces that can be left behind by viruses in your registry: <https://www.piriform.com/ccleaner/download>

P.S. If you have any trouble with these suggestions, please email me: [gandier47@hotmail.com](mailto:gandier47@hotmail.com) I love getting feedback!

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## 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 her or us know!

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## Things To Do

*in our beautiful city...*

**Free and Low-Cost Events for April 16 - 30, 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

Tuesday, April 26 at 3:00 pm. **Art Tours at Hart House.** Enjoy a tour of the House, its collection, and the many stories it tells about Canadian art. Led by a professionally trained student docent. 416-978-2452 or <http://harthouse.ca/events/art-tours-april-2016/>. Hart House, Information Hub, 7 Hart House Circle (main level). **Free** (Thanks to an email tip from Mr. W.!)

Friday, April 29 from 10:00 am - 12:00 Noon, register by Friday, April 22. **Women in Art** (for Seniors). Presented by: Elizabeth Iturbe, Art Historian, a professor and researcher in the fields of Art History and Education in Mexico. Elizabeth has also designed and implemented education projects in Toronto with several colleges. Elizabeth has also taught and lectured in Art History and cultural topics, in several cultural institutions. Join her as she brings her knowledge of Women in Art. RSVP required one week prior to seminar. To register, please visit the Active Living Centre front desk or call: 416-733-4111 to save your spot! North York Seniors Centre, 21 Hendon Avenue. Seniors. **Free**

Friday, April 29 from 6:00 pm - 9:00 pm and Saturday, April 30 and Sunday, May 1 from 1:00 pm - 5:00 pm. **Forest Hill Art Club Show And Sale.** A showcase of members' paintings: landscape, abstract, still life, figurative. Something for every taste. Opening reception: Friday, April 29 from 6:00 pm to 9:00 pm. Everyone welcome. [foresthillartclub@gmail.com](mailto:foresthillartclub@gmail.com) or 416-483-1801. Forest Hill Art Club, 666 Eglinton Avenue West. All Ages. **Free**

## Computers

Saturday, April 30 from 2:00 pm - 3:30 pm. **Learn to Download Free Stuff At The Library.** Learn to download online movies, music and magazines using the Hoopla and Zinio collections at the library. A library card and a valid email address are required. Devices like tablets or smartphones are optional. To register, call: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. W. Adults. **Free**

## Earth Day is April 22

Wednesday, April 20 at 2:00 pm. **Free Movie at Beaches Library.** Movie: Hadwin's Judgement. Special Earth Day screening. A National Film Board hybrid of drama and documentary that covers the events that led up to the infamous destruction of an extraordinary 300-year-old Golden Spruce Tree held sacred by the indigenous Haida Nation of British Columbia. 88 mins. 2015 film. Closed captioned, if available on the DVD. 416-393-7703. Beaches Library, 2161 Queen St. East. **Free**

Thursday, April 21 at 6:00 pm. **Discussion: The Science and Controversies Underlying GMOs.** Join Dr. Rene Van Acker, Professor and Associate Dean of The Ontario Agriculture College at the University of Guelph, for a discussion on genetically modified organisms. 416-394-5120. Richview Library, 1806 Islington Ave. **Free**

Friday, April 22, all day. **Free Tea or Coffee at Starbucks.** When you bring a reusable mug or cup to any Starbucks location, get a free tea or coffee of your choice. **Free**

Monday, April 25 from 6:30 pm - 8:30 pm. **Free Movie at Lillian H. Smith Library.** Movie: After The Last River. A documentary that follows Attawapiskat's journey from obscurity into the international spotlight during the protests of Idle No More. Film screening will be followed by Q&A with filmmaker Victoria Lean. 416-393-7746. Lillian H. Smith Library, 239 College St. **Free**

## Exhibits and Shows

Wednesday, April 27 through Saturday, April 30; Wednesday – Friday from 10:00 am - 7:00 pm and Saturday 10:00 am - 4:00 pm. **The Spring Antique & Vintage Glass Lover's Show & Sale.** It's back in Toronto again and what a perfect opportunity to come out and enjoy the great selection of Antique Pressed Glass in clear from 1860 - 1960, but also a large variety of coloured glass pieces in a rainbow of colours. You will see glass in pink, milk white, cobalt blue, green etc. [www.pressedglassandgoblets.com](http://www.pressedglassandgoblets.com) or 416-294-3005. Parking in the Church parking lot adjoining the Church on Dawlish Ave. Lawrence Park Community Church, 2180 Bayview Ave., south of Lawrence at Dawlish Ave. **Free Admission & Free Parking**

## Games

Saturday, April 16, 23 and 30 from 2:00 pm - 3:30 pm, this event repeats every Saturday. **Chess Club.** Have fun playing chess and checkers against players of all ages and skills levels. Learn new skills and strategies, play against your friends or challenge new opponents. No registration required. 416-394-5210 or [hwstaff@torontopubliclibrary.ca](mailto:hwstaff@torontopubliclibrary.ca). Humberwood Library, 850 Humberwood Blvd. All Ages. **Free**

## Gardening

Saturday, April 16 from 10:00 am - 4:00 pm. **The Food Gardening Show.** The show is all about the how-to's of growing your own food and enjoying the rewards of local harvests. Come to learn and draw earthly inspiration from experts, products and organizations devoted to local food gardening. Family-friendly with gardening activities and learning through presentations, cooking demonstrations, information & work stations and tastings. Presented by Plant a Row – Grow a Row ([www.growarow.org](http://www.growarow.org)) and gardening & culinary friends. Purchase advance tickets online at: [www.growarow.org](http://www.growarow.org) or [www.soupalicious.ca](http://www.soupalicious.ca) or call: 416-535-0240. St. Archangel Michael Serbian Orthodox Church of Toronto, 212 Delaware Avenue. All Ages. **\$5 or \$2 with a donation of a good food item to share with the local food banks**

Monday, April 18 from 6:30 pm - 8:00 pm, registration required. **Ask An Expert: Ten Tips for Low Maintenance Gardening.** A Toronto Master Gardener will discuss tips: managing expectations, getting real, fighting pests vs. loving your bugs and the May 24 frenzy vs. high impact plants. To register: 416-394-5310. Alderwood Library, 2 Orianna Dr. Adults. **Free**

Saturday, April 30 from 2:00 pm - 3:30 pm, registration required. **Balcony Gardening.** Want to grow plants for food or pleasure but don't have room for a backyard garden? In this hands-on workshop, folks from the Toronto Seed Library will cover the techniques and challenges specific to gardening in containers. You'll leave with all the seeds you'll need to get your balcony garden growing! To register: 416-396-8890. Albert Campbell Library, 496 Birchmount Road. All Ages. **Free**

## Health & Wellness

Monday, April 18 from 11:00 am - 2:00 pm. **North York General Hospital Annual Health and Wellness Fair.** Members of the community are invited to drop by for healthful information and ideas on how to reboot, refresh, and revitalize your life. The fair provides a wonderful opportunity to build awareness and share valuable wellness and health promotion resources available at the hospital and with community health organizations. North York General Hospital, Academic Centre, 4001 Leslie St. All Ages. **Free**

Monday, April 18 from 2:00 pm - 4:00 pm, registration required. **Interactive Brain Health.** This seminar aims to increase your understanding of factors that may reduce the risk for developing dementia and that may help maintain brain health. It includes interactive games and exercises to illustrate key principles of brain health and activities that will aid you in identifying, applying and sustaining personally relevant strategies. Presented by the Alzheimer Society. To register: 416-394-5270 or email: [eaprograms@torontopubliclibrary.ca](mailto:eaprograms@torontopubliclibrary.ca). Eatonville Library, 430 Burnhamthorpe Rd. All Ages. **Free**

Monday, April 18 from 6:00 pm - 7:30 pm, registration required. **Let's Talk about Advance Care Planning.** National Advance Care Planning Day is coming up this April. Advance care planning is about making choices now on how you want to be cared for in the future. Learn more about advance care planning and power of attorney. Get tools and resources to help your planning process. A light snack will be served at 6:00 pm, followed by a presentation and discussion at 6:30 pm. Please call to register: Joanne 416-778-5805 ext. 218. East End Community Health Centre, 1619 Queen St. East. Adults. **Free**

Tuesday, April 19 from 1:00 pm - 2:30 pm, this event repeats, registration required. **Hearing Health Care - Information and Support Group.** Learn to understand what it means to have a hearing loss. The Canadian Hearing Society will help you identify resources; give you practical advice and tips on how to cope with the everyday challenges. To register: please contact Neelu at CHS at: 416-928-2546. Participants will be asked to provide their health card number. Albert Campbell Library, 496 Birchmount Rd. Adults. **Free**

## Language

Friday, April 29 from 7:00 pm - 8:30 pm, registration required. **Learn a Language with Mango Languages.** Learn Mango Languages, through slides and audio from native speakers to help you practice pronunciation of common words and phrases in 37 different languages such as Spanish, French and English. Basic keyboarding and mouse skills required. To register: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

## Meditation & Yoga

Monday, April 18 from 7:00 pm - 8:00 pm. **Stress Management Through Restorative Meditation.** Led by a meditation instructor. Class includes 20 minutes of meditation and 40 minutes of stress-relieving stretches. Must bring your own yoga mat. Limited space. Drop-in class. First come, first-seated. 416-394-5247. Brentwood Library, 36 Brentwood Rd. North. Adults. **Free**



## Movies

Monday, April 18 from 1:00 pm - 3:00 pm. **Hyena Road (National Canadian Film Day Festival)**. Brentwood Library is screening Hyena Road to celebrate National Canadian Film Day. Paul Gross directs and co-stars in this tense and visceral war drama about Canadian troops in Afghanistan weathering Taliban attacks while struggling to complete construction on a crucial highway link. 2015. 120 minutes. Rated 14A. Cast: Rossif Sutherland, Paul Gross, Christine Horne. Drop-In Movie. First come, first seated. 416-394-5247 or [tbuhrows@torontopubliclibrary.ca](mailto:tbuhrows@torontopubliclibrary.ca). Brentwood Library, 36 Brentwood Rd. North. Adults. **Free**

Saturday, April 30 from 1:30 pm - 4:15 pm. **Stratford Festival Film Screening of King Lear**. Enjoy a free screening of King Lear starring Colm Feore from the Stratford Festival. An aging monarch resolves to divide his kingdom among his three daughters, with consequences he little expects. His reason shattered in the storm of violent emotion that ensues. With his very life hanging in the balance, Lear loses everything that has defined him as a king - and thereby discovers the essence of his own humanity. 416-393-7671 or [bbertrand@torontopubliclibrary.ca](mailto:bbertrand@torontopubliclibrary.ca). High Park Library, 228 Roncesvalles Ave. Adults. **Free**

## Music

Sunday, April 24 at 7:00 pm. **UTSC Community Band: Musicians Nostalgia**. Works by Horowitz, Erikson, Whitacre and others. 647-893-7945. Agincourt Collegiate Institute, 2621 Midland Ave. **Free**

## Photography

Sunday, April 17 from 10:30 am - 12:00 Noon. **Spring Awakening Photo-Buff Walk**. Professional photographer and High Park specialist David Allen helps you frame the best seasonal images. Bring your camera, iPad or other photo device. Meet at the benches across from the Grenadier Restaurant. [highparkwalkingtours@yahoo.ca](mailto:highparkwalkingtours@yahoo.ca). High Park, 1873 Bloor Street West. All Ages. **Free**

## Repair Café

Saturday, April 23, from 11:00 am - 3:00 pm (please note that registration closes at 2:00 pm on April 23). **Repair Café at Albert Campbell Library**. Repair Café Toronto is a grassroots, volunteer group that organizes events where neighbours help neighbours learn how to repair things. Repair Café events are hosted by local community centres, branches of the Toronto Public Library and other community-based organizations. <http://repaircafetoronto.ca/visit/>. Albert Campbell Library, 496 Birchmount Rd. **Free**

## Resume

Friday, April 29 from 10:00 am - 12:30 pm. **Resume Writing**. In this workshop presented by a representative from Neighborhood Link, you will learn how to: set the foundation of your job search by creating a job-winning resume, maximize your relevant experience by choosing proper resume structure and style, create a great first impression with professional formatting and presentation, stand out from the competition with strong and memorable accomplishment statements. [acdstaff@torontopubliclibrary.ca](mailto:acdstaff@torontopubliclibrary.ca) or 416-396-8890. Albert Campbell Library, 496 Birchmount Rd. Adults. **Free**

## Spring Sales, Fairs & Flea Markets

Saturday, April 16 from 10:00 am - 1:00 pm. **Rummage Sale**. Christ Church Deer Park Annual Spring Rummage Sale. Designer boutique: shoes, hats & handbags women's, men's, children's clothing, jewellery, scarves, linens, treasures and collectibles, kitchenware, toys, games, books, CDs, DVDs, pictures, artwork and more. 416-590-1008 or [maxinethemaximizer@yahoo.ca](mailto:maxinethemaximizer@yahoo.ca). Christ Church Deer Park, 1570 Yonge St. (Yonge and Heath: 1 block north of St. Clair). All Ages. **Free**



Saturday, April 30 from 8:00 am - 1:00 pm. **Kingsway-Lambton United Church 52nd Annual Flea Market.** Looking for a bargain bonanza? At the 52nd annual flea market, thousands of items are priced to sell inside and outside the church. See the auditorium full of books, fine china, crystal, framed art, records; a gymnasium packed with household items and electronics; rooms devoted to women's, men's and children's clothes, jewelry and accessories, games and toys, funky collectibles; tents and tables on the lawn filled with pictures, glassware, baskets, small furniture, sports and camping gear. Also on offer, a bake sale and areas to have coffee, scones or a BBQ lunch. Rain or shine and wheelchair accessible. Money raised supports over 20 charities. Donations of sale items are gratefully accepted until Wednesday, April 27 at the west entrance (glass doors). [www.kingswaylambton.ca](http://www.kingswaylambton.ca), 416-234-8224 or [office@kingswaylambton.ca](mailto:office@kingswaylambton.ca). Kingsway-Lambton United Church, 85 The Kingsway. All Ages. **Free Admission**

Saturday, April 30 from 11:00 am - 2:00 pm. **St. Cuthbert's Annual Spring Fair.** There will be our usual array of booths for great shopping: baked goods, books, stamps, treasures, jewellery, knitted goods, toys, interesting art pieces, and all kinds of odds and ends. Don't go hungry: we will have a BBQ on the green, a snack kiosk, and cotton candy. The children will be entertained on the green. Fun for everyone! 416-485-0329. St. Cuthbert's Anglican Church Leaside, 1399 Bayview Avenue. All Ages. **Free**

### **Walking Group**

Monday, April 18 from 10:30 am - 12:00 Noon, registration required. **Nordic Pole Walking.** Nordic Pole Walking activates 90% of your body muscles in one exercise. You will hear about the benefits of why Nordic pole walking is the single most effective exercise and have the opportunity to try the poles. Registration in person or call: 416-396-8850. Cedarbrae Library, 545 Markham Rd. Adults. **Free**

### **Yarn Lovers**

Saturday, April 16 from 10:00 am - 12:00 Noon, this event repeats. **Saturday Morning Knitting.** Meet with other knitters to chat as you knit. Bring your own supplies. Limited instruction. For lovers of knitting. 416-393-7692. Annette Street Library, 145 Annette St. 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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*From the C/S Info Bulletin Team: Helen and Cassandra and our wonderful volunteers:  
Jacqueline, Moira and Martha (the computer gal)!*

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