



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

BULLETIN

554 May 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 9-4
Tel: 416-595-2882 csinfo@camh.ca <http://www.csinfo.ca/>

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

Helen is riding off into the sunset of retirement so please join us in The Mall as we bid farewell to her. She has been the Executive Director of the Consumer/Survivor Information Resource Centre of Toronto for almost 12 years and we want to send her off well. There will be food and music to enjoy. All are welcome.

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.

The 2016 Census is Coming

A message from the Government of Canada

Canada's next census will be conducted this month, May 2016.

Early in May, census packages will be delivered to households across Canada, providing residents with the information they need to complete their questionnaire online or on paper.

Completed questionnaires will provide valuable information that will be used by all levels of government, businesses, associations, community organisations and many others to make decisions about your neighbourhood and community. Information obtained through the census is needed to plan services such as child care, schooling, family services, housing, public transportation and skills training for employment.

Every person, young and old, must be included in the 2016 Census.

For more information about the 2016 Census, visit: www.census.gc.ca

For Census jobs visit: http://www.census.gc.ca/CCR16D/CCR16D_000-ENG.HTML

Women's Wellness Group

416 Community Support for Women is starting a new Women's Wellness Group on May 4, 2016. It will be running for 8 weeks, every Wednesday from 1:00 pm - 2:30 pm at 170 Bloor St. West, Suite 1106. Group Topics will include Stress Management, Self Care, Relapse Prevention, Resources and more! If you are interested in attending the group, please call Donna Sadler at: 416-928-3334 ext. 230 or 416-964-6936 ext. 233. Thank You!

Getting on with Life and Its Challenges (GOWL)

GOWL is 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.

May 4 – Coping with Conflict	June 1 – Learning About Schizophrenia
May 11 – Cognitive Behaviour Therapy	June 8 – Outing to High Park
May 18 – Nutrition For Wellness	June 15 – Physical Fitness For Health
May 25 – How to Alleviate Stress	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.

The C/S Info Centre recently had a few people inquire about where newcomers can go for mental health support. We found a great list on the Canadian Mental Health Association's (CMHA) website that contains a bunch of places to seek mental health support:

(Vist the CMHA for more info: http://toronto.cmha.ca/mental_health/help-for-newcomers/#.Vx-ZS6m-1k0)

Multilingual Mental Health Services:

Access Alliance Multicultural Community Health Services Tel: 416-324-8677

Web: accessalliance.ca

Across Boundaries, An Ethnoracial Mental Health Organization
Tel: 416-787-3007

Web: www.acrossboundaries.ca

Afghan Women's Counselling and Integration Community Support Organization
Tel: 416-588-3585 Web: www.afghanwomen.org

Canadian Centre for Victims of Torture

Tel: 416-363-1066

Web: www.ccvt.org

Hong Fook Mental Health Association
Tel: 416-493-4242
Web: www.hongfook.ca

Sabawoon Afghan Family Education and Counselling Centre
Tel: 416-293-4100
Web: www.safecc.org

Calling All Gardeners (who are CAMH clients) The Sunshine Garden Outdoor Program Needs You

FoodShare is currently recruiting CAMH clients (in-patients and out-patients) who are interested in participating in their ever popular Sunshine Garden and Market recreational and therapeutic outdoor garden program at CAMH. This is a volunteer program where participants will learn to grow organic vegetables, herbs and soft fruit as well as learning canning and cooking skills to preserve and enjoy the harvest. Participants will also be able to sell the produce that has been harvested at the market stand located at Queen St. West and Gordon Bell Rd. All prospective volunteers will be asked to attend an interview. Please note that space is limited and clients who are not successful in securing a position will be placed on a waiting list.

When: Monday and Wednesday mornings from 10:00 am - 1:00 pm. Sessions begin now through October (weather permitting).

WHERE: Sunshine Garden is located at CAMH, behind Units 1 & 3 at 1001 Queen Street West

CONTACT: Liz Kirk, Sunshine Garden Senior Coordinator for a referral form. Email: liz@foodshare.net
Phone: 416-460-0308. Please note my office hours are Mondays, Wednesdays and Thursdays only.

Free Dental Care for Seniors 65+

Did you know that Toronto Public Health offers free dental services to seniors (65+) at their clinics all over the city?

To be eligible:

You reside in Toronto

You don't have dental insurance

You are unable to pay for dental care

Services Include:

- Examinations	- Prevention and Education
- Fillings	- Fluoride treatment
- Root canal treatment on selected teeth	- Cleanings
- Extractions	- Sealants
- Partial and full dentures – a fee may be required for dentures	

Toronto Public Health Has Many Dental Clinics all over Toronto please call 311 to find a clinic nearest to you or visit: www.toronto.ca/health

An Article of Interest regarding the Disability Tax Credit:

<http://www.cbc.ca/news/business/taxes/tax-time-2016-disability-credit-1.3463755>

Save The Date

Circle the date for these upcoming groups and events...

1. Repair Café at Skills For Change

Saturday, May 28, 2016 from 10:00 am - 1:00 pm
Skills For Change, 791 St. Clair Ave. West.

2. 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.

3. 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 Opening Night: Wednesday, July 13, 2016

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 her or us know!

Employment Matters

The Canadian Council on Rehabilitation and Work (CCRW) together with People in Motion are having a Career Fair for Persons with Disabilities

Friday, May 27th and Saturday, May 28th, 2016 from 10:00 am – 5:00 pm
Exhibition Place - Queen Elizabeth Hall 200 Princes' Blvd.

Meet the following employers and more!

- **CIBC**
- **City of Toronto**
- **Service Canada**
- **Accenture**
- **Bell**
- **Abbott Canada**
- **RBC**
- **Express Scripts**

Register at: <http://pimcareerfair.eventbrite.ca>

To apply for an interview with these employers submit your resume to: careerfair@ccrw.org

Things To Do

in our beautiful city...

Free and Low-Cost Events for May 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!

Animation

Tuesday, May 3 from 5:30 pm - 6:30 pm. **Pixilation Animation Workshop.** Free Stop Motion workshop for adults at the Sony Centre. Learn how classic films like The Nightmare Before Christmas, Rudolph the Red-Nosed Reindeer and James and the Giant Peach were created. The Toronto Animated Image Society's (TAIS) Wesley Blondin leads three consecutive workshops in an animation technique known as "pixilation". Become the subject of your own stop motion animation, or bring objects to animate! No artistic or technical experience is required. Pre-registration will guarantee your spot in the workshop visit:

<https://www.eventbrite.ca/e/pixilation-animation-workshop-at-the-sony-centre-tickets-24813201955>. Drop-in participants will be welcome on a first-come first-served basis. Class capacity is 30 students. Sony Centre for the Performing Arts, 1 Front St. East. Adults. **Free**

Art & Crafts

Monday, May 2 from 7:00 pm - 9:00 pm (Opening Night), this event repeats. **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. It runs Monday, May 2 through to Sunday, May 8. Pieces of art will depict themes concerning mental health. This event is open to everyone who likes art and wants to put an end to stigma. benoitkim8@gmail.com or 647-526-5461. Cabinet, 354 Davenport Rd. **Free Admission**

Tuesday, May 3 from 6:00 pm - 8:00 pm, this event repeats. **Adult Colouring Club.** Colouring is said to relieve tension, improve focus, and strengthen fine motor skills. Unleash your creative side and colour your stress away with this fun, accessible activity. Materials are provided, or bring your own. This is a drop-in program. 416-396-8740. Burrows Hall Library, 1081 Progress Ave. Adults. **Free**

Wednesday, May 4 through Sunday, May 15 from 12:00 Noon - 4:00 pm. **The Don Valley Art Club Show.** The show features a variety of original artworks created in multiple mediums, reflecting a wide range of artistic styles. Opening reception Wednesday, May 4 from 7:00 pm - 9:00 pm; refreshments and meet with the artists. todmorden@toronto.ca, www.donvalleyartclub.com or 416-396-2819. Papermill Gallery Todmorden Mills, 67 Pottery Rd All Ages. **Free Parking, Free Admission**

Wednesday, May 4 from 4:00 pm - 6:00 pm (opening reception) through Tuesday, May 31 from 7:00 am - 6:00 pm. **Making a Scene.** Creative Works Studio's Making A Scene will be featured as part of the 2016 Contact Photography Festival. Making a Scene is a collective project that explores visibility, self-expression and mental illness. Over many months in late 2014 through early 2015, the artists of Creative Works Studio worked together using textiles and screen printing to create lavish costumes, which were then photographed. zuberm@smh.ca or 416-465-5711. Li Ka Shing Knowledge Institute (part of St. Michael's Hospital), 209 Victoria St. All Ages. **Free**

Wednesday, May 11 from 2:00 pm - 3:30 pm. **Colouring for Adults.** Come try out the newest trend in relaxation – colouring for adults. Studies show colouring can relieve stress and promote wellness. Colouring pages, pencil crayons, and markers will be supplied, or bring your own. 416-394-5120. Richview Library, 1806 Islington Ave. Adults. **Free**

Books

Wednesday, May 4 from 2:30 pm - 4:00 pm. **International Affairs with Keith Hyde.** Keith Hyde leads a new discussion group about international affairs, including introductions to new non-fiction books in the library's collection, with emphasis on titles about war and conflict. 416-393-7692. Annette Street Library, 145 Annette St. Adults. **Free**

Wednesday, May 4 from 7:00 pm - 8:00 pm. **The eh List Author Reading Series: Alissa York.** The eh List Author Series presents the award-winning author of novels *Fauna*, *Effigy* and *Mercy*, Alissa York, on her new novel, *The Naturalist*; a spellbinding tale of loss, discovery and love set in an epoch when Darwin was reshaping the world and a new breed of explorer-hero possessed the popular imagination. Book signing to follow. 416-393-7703. Beaches Library, 2161 Queen St. East. Adults. **Free**

Clothing Repairs

Saturday, May 14 from 8:00 am - 12:00 Noon. **Free Clothing Repairathon at Wychwood Barns.** Tear in your favourite jeans? Missing a button? Toronto Clothing Repairathon will be mending clothes for free at Wychwood Barns Farmers' Market. Come by with clean clothing in need of small repairs, not more than two to three per person. www.repairathon.com. Artscape Wychwood Barns, 601 Christie St. All Ages. **Free**

Computers and The Internet

Wednesday, May 4 from 10:30 am - 11:30 am, registration required. **Computer Basics Classes for Adults.** Learn how to navigate websites and search for information using Google, in a small class setting with a maximum of four participants and one instructor. Spaces are limited. Call: 416-394-1006 to register. Evelyn Gregory Library, 120 Trowell Ave. Adults. **Free**

Friday, May 6 from 1:30 pm - 3:00 pm, registration required. **Internet Safety for Seniors.** Learn the basics of keeping your information safe when online. Topics covered include creating strong passwords, using email safely, how to identify and avoid online scams, shopping online securely and more. To register call: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Seniors. **Free**

Thursday, May 12 from 10:00 am - 11:30 am, registration required. **Computer Basics Part II: Explore the Web for Seniors.** An introduction to the Internet in 2 sessions. For older adults, with little or no Internet experience. To register call: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Seniors. **Free**

Wednesday, May 11 from 1:30 pm - 2:30 pm, registration required. **Cyber Safety.** The Toronto Police presents a program on crime prevention and cyber safety. You will become familiar with basic internet safety rules, strategies to avoid risks and more. Registration required: lflavell@torontopubliclibrary.ca or 416-396-8876. Highland Creek Library, 3550 Ellesmere Rd. Adults. **Free**

Crazy Talks



Tuesday, May 3 from 7:00 pm - 8:30 pm, this event repeats. **Crazy Talks.** Liz Gilarowski took to print and radio (including CIUT in Toronto) to promote awareness and rights. This month, she will open a mad discussion on surveillance and feminism. Join in the conversation. 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. 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**

Dance and Karaoke

Sunday, May 1 from 2:00 pm - 7:00 pm. This event repeats. **Sunday Afternoon Karaoke Dance Party.** Join DJ John Mills for an afternoon of great entertainment. 416-293-0872. Lots of free parking. BBQ food available for purchase. Royal Canadian Legion Branch 614, 100 Salome Dr. Adults. **Free**

Sunday, May 1 from 5:00 pm - 9:00 pm, this event repeats. **Karaoke at the Branch.** Come out every Sunday evening for an entertaining night of karaoke. You may want to bring your singing voice or simply come out to listen. All are cordially welcome to attend. jimb.farrell@yahoo.ca or 416-425-1714. Royal Canadian Legion, Branch 22, 1240 Woodbine Ave. Adults. **Free**

Environment

Sunday, May 1 from 10:30 am - 12:00 Noon. **The Ecology of Grenadier Pond.** Spring brings big changes to Grenadier Pond and the Pond is the center of much of the local ecosystem. Senior Aquatic Ecologist Christine Tu-Parker conducts the activity. Meet at the benches across from the Grenadier Restaurant. highparkwalkingtours@yahoo.ca. High Park, 1873 Bloor St. West. All Ages. **Free**

Saturday, May 7 from 2:00 pm - 3:00 pm. **Cherry Blossoms and Other Trees in the City.** Attend an informative presentation which discusses the history, description and further details of the Cherry Blossom trees currently at High Park. Learn about other tree species. Annette Street Library, 145 Annette St. All Ages. **Free**

Thursday, May 12 from 6:30 pm - 8:00 pm, registration required. **Climate Change and Canada.** A presentation by the Step Up, Canada! and the Climate Reality Project. Call: 416-394-5270 or email: eaprograms@torontopubliclibrary.ca to register. Eatonville Library, 430 Burnhamthorpe Rd. Adults. **Free**

Exhibits and Shows

Thursday, May 5 from 1:00 pm - 3:30 pm. **Suits Me Fine Fashion Show 2016** – See Me Shine, A Red Carpet Event. Archway Musical Group Pre-Show: 1:00 pm - 1:30 pm / Fashion Show: 1:30 pm - 3:30 pm. Sandi and Jim Treliving Gymnasium, Bell Gateway Building, CAMH Queen Street Site, 100 Stokes St. www.camh.ca/suitmefine. All Are Welcome. **Free Admission**

Festival

Wednesday, 11 May from 3:30 pm - 5:30 pm. **Cultural Hotspot Launch in North York.** Join in for the launch of the 3rd annual Cultural Hotspot, celebrating arts, culture and community in North York from May through October. Performances by: Nagata Shachu taiko drummers; Gadfly dancers; Beny Esguerra and New Tradition and more. culturalhotspot@toronto.ca 416-392-1210.

<http://www1.toronto.ca/wps/portal/contentonly?vgnnextoid=237bf66e0430b410VgnVCM10000071d60f89RCRD> Aga Khan Museum, 77 Wynford Dr. All Ages. **Free**

Games

Friday, May 13 from 1:00 pm - 3:00 pm. **Board Games for Adults.** Join in for Board Games. Board games are great for keeping your brain active and healthy. Come for an afternoon of strategy, competition and fun. Bring a board game you wish to share or play one of ours. 416-394-5120. Richview Library, 1806 Islington Ave. Adults. **Free**

Gardening

Friday, May 6 from 2:00 pm - 3:00 pm. **Ask An Expert: Pollinator Gardens.** Join a representative from Toronto Master Gardeners for a presentation about the latest buzz on creating a haven for pollinators. Learn about the reasons why you should plant a pollinator garden, details and recommendations for specific plants, and how to create and maintain a thriving environment for pollinators. 416-393-7703. Beaches Library, 2161 Queen St. East. Adults. **Free**

Tuesday, May 10 from 7:00 pm - 8:00 pm. **Master Gardener Series: Balcony and Terrace Container Gardening for Seniors.** Ask expert Lisa Renner for inspiring and practical ideas for successful gardening above ground. Join the discussion on planning and working your site, pros and cons of different containers, choosing plants, best vegetable choices, organic methods and other important tips. Registration not required. 416-394-5247. Brentwood Library, 36 Brentwood Rd. North. Seniors. **Free**

Thursday, May 12 from 2:00 pm - 3:00 pm, registration required. **Ask an Expert: African Violets.** Toronto Master Gardener, a trained horticulturalist, will provide home gardeners with tantalizing stories and photos about these popular houseplants. To register visit the branch or call: 416-396-8740. Burrows Hall Library, 1081 Progress Ave. Adults. **Free**

Health & Wellness

Thursday, May 5 from 7:00 pm - 8:00 pm. **Wellness Workshop.** A workshop focused on learning how to set and achieve goals, stress-management techniques and practices to attain balance in life. Led by counselor, Lourdes Carbajal from the Polycultural Community Immigrant Services. achristensen@torontopubliclibrary.ca or 416-394-1014. Jane/Dundas Library, 620 Jane St. Adults. **Free**

History

Saturday, May 7 from 2:00 pm - 4:00 pm, registration required. **Jane's Walk: Reggae Heritage on Eglinton West.** Learn about the Reggae musical heritage of the community. Meet artists, past and present. Check out a cool record studio and more. To register ask staff or call: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

Tuesday, May 10 from 6:30 pm - 8:00 pm. **The Controversy of William Avery "Billy" Bishop.** VC War Hero and Legend From Owen Sound to the Air War on the Western Front, Bishop's exploits in aerial combat are well documented in numerous books and films, mostly positive but some questionable. Should he have been awarded the Victoria Cross? Where was he based? What squadrons was he attached to and what types of aircraft did he fly? Join aviation historian Keith Hyde speaking on the life of pilot Billy Bishop, VC war hero and legend. Runnymede Public Library, 2178 Bloor St. West. Adults. **Free**

Law

Thursday, May 5 from 7:00 pm - 8:00 pm. **Residential Tenancy Law Session.** Residential Tenancy Law Experts walk you through the basics of your rights and obligations a tenant. With lawyers from Kensington-Bellwoods Community Legal Services. csstaff@torontopubliclibrary.ca or 416-393-7668. College/Shaw Library, 766 College St. Adults. **Free**

Meditation & Yoga

Wednesday, May 4 from 6:30 pm - 8:00 pm, registration required. **Meditation - the Key to Serenity and Optimal Health.** Dr. Marina Quattrocchi, author of Dreamwork Uncovered and The Genius of Spirit, discusses recent cutting edge research into the power of meditation. Different types of meditative practice will be examined, so that all participants can find their perfect fit. Call 416-394-5270 or email eaprograms@torontopubliclibrary.ca to register. Eatonville Library, 430 Burnhamthorpe Rd. Adults. **Free**

Saturday, May 7 from 11:00 am - 12:00 pm, this event repeats, registration required. **Meditation Hour.** In partnership with Meditation Toronto, Evelyn Gregory Library welcomes you to experience the peace and happiness of meditation. Call: 416-394-1006 to register. Sessions monthly on Saturdays, next session: June 11. Evelyn Gregory Library, 120 Trowell Ave. All Ages. **Free**

Thursday, May 12 from 12:15 pm - 1:15 pm. **Laughter Yoga for Seniors.** Join us at the Bernard Betel Centre for a laughter yoga class. Learn the health benefits of laughter. No yoga mat required. marial@betelcentre.org or 416-225-2112. Bernard Betel Centre, 1003 Steeles Ave. West. Seniors. **Free**

Movies

Wednesday, May 4 from 2:00 pm - 4:30 pm. **Stratford Festival HD Production Screening: Anthony and Cleopatra.** Reason and judgement prove no match for the tsunami of mutual passion engulfing Mark Anthony, one of the three joint rulers of the Roman republic, and Cleopatra, the seductive queen of Egypt. Surrendering everything to their desires, they open the floodgates to a civil conflict that will shake the very foundations of their world. 151 mins. Drop-in. First come, first seated. tburows@torontopubliclibrary.ca or 416-394-5247. Brentwood Library, 36 Brentwood Rd. North. Adults. **Free**

Thursday, May 5 at 7:30 pm. **Movie Thursday: Augustine.** Augustine (2012) by Alice Winocour with Vincent Lindon. The screening will be presented by Lucie Carette, Cinema and new media officer at the French consulate. A look at the relationship between pioneering 19th century French neurologist Dr. Jean-Martin Charcot and his star teenage patient, a kitchen maid who is left partially paralyzed after a seizure. Drama, 102 mins. This movie will be screened in French with English subtitles. 416-922-2014. Alliance Francaise de Toronto, 24 Spadina Rd. All Ages. **Free**

Music

Monday, May 2 at 12:00 Noon. **Music Mondays, 25th Anniversary Season.** Multi-award winning Agincourt Madrigal Singers (MusicFest Nationals, the CMEA Leslie Bell Award, first place in National Music Festival Association and Toronto Kiwanis Music Festival) will be joined by the Agincourt Chamber Orchestra. Over 60 young performers will open the 25th Anniversary Season with works by David Dickau, Palestrina, David MacIntyre, Dan Davison, Peter Warlock and Mozart, all conducted by James Pinhorn and Amanda Tulk-O'Reilly. 416-598-4521 ext. 223, info@musicmondays.ca or www.musicmondays.ca. Church of the Holy Trinity, 19 Trinity Square. **PWYC Admission**

Monday, May 9 at 12:00 Noon. **An intriguing program of “Night Music.”** Acclaimed by the Winnipeg Free Press as a “dynamo pianist”, Dr. Su Jeon Higuera, a graduate of The Juilliard School, l’Université de Montréal and The Glenn Gould School performs works by Heather Schmidt, Grieg, Chopin and the ever popular Beethoven “Moonlight” Sonata. 416-598-4521 ext. 223, info@musicmondays.ca or www.musicmondays.ca. Church of the Holy Trinity, 19 Trinity Square. **PWYC Admission**

Skin Care Products

Wednesday, May 4 from 6:45 pm - 8:00 pm. **Finding Skin Care Products that Work.** In this presentation, chemist Louise Hidinger, PhD, will discuss: ingredients and formulations to tackle specific skin issues, including sensitive skin, acne, hyperpigmentation, sun protection and aging, guidelines on how to identify products that contain effective amounts of active ingredients and tips on how to make the most of these products. 416-395-5649. North York Central Library Auditorium, 5120 Yonge St. Adults. **Free**

Spring Sales, Fairs & Flea Markets

Friday, May 6 from 12:00 Noon - 6:00 pm, Saturday, May 7 from 12 Noon - 5:00 pm and Sunday, May 8 from 12 Noon - 4:00 pm. **Inspirations Studio Open House and Spring Sale.** Come see the beautiful functional pottery made by the women at Inspirations. All sales support women affected by poverty. Inspirations Studio is a project of Sistering, an organization that provides practical and emotional support to vulnerable women. The Studio is a social enterprise which gives women a chance to gain supplemental income, ceramics training, and life skills. inspirations@sistering.org or 416-367-2728. Inspirations Studio, 2480 Dundas St. West, Suite 101. All Ages. **Free Admission**

Saturday, May 7 at 10:00 am. **Really Really Free Market (RRFM).** RRFM is a community-space for sharing – where people bring what they have to give, take what they need. But it's not swapping or trading. You don't need to bring anything to take something. How it works: You bring your stuff (clean and in working condition), or pick something up, or stick around. Some suggestions: clothes, toys, music, furniture, household wares; homemade goods, such as crafts, art, and baked goods (don't forget to list the ingredients!); services, such as haircuts, fix up skills, yoga classes, or gardening help. Campbell Avenue Park, 225 Campbell Ave., north of Wallace Avenue and south of Antler Street, a 7 min. walk from Lansdowne Station. **Free, Really!**

Saturday, May 7 from 9:00 am - 12:00 Noon. **Hobby Gardener's Plant Sale.** Agincourt Garden Club will bring indoor/outdoor/veggie plants for sale to the public. Special Guest Peter Keeping bringing his specialty clematis and bake sale. Rescued treasures for your garden, artifacts, books, jewellery and more. 416-414-7704 or cheryl.penner@rogers.com. Knox United Christian Education Centre, 2575 Midland Ave. All Ages. **Free Admission**

Saturday, May 7 from 10:00 am - 3:00 pm. **Fair Trade Fair.** Featuring: fair trade café, chocolate, coffee, tea, nuts, spices, global crafts, textiles, unique jewellery, clothes and much more. 416-444-8444, www.donwaycovenant.com or donwaycovenant@msn.com. The Donway Covenant United Church, 230 The Donway West. All Ages. **Free Admission**

Saturday, May 7 and Sunday May 8 from 10:00 am - 5:00 pm, this event repeats. **Parkdale Flea.** Parkdale Flea is back with their very first market of 2016. They aim to bring together some of the best and most unique products that Toronto has to offer. Antique, vintage, collectables, designer goods, local artisans, handmade crafts, food and more! Dog friendly! Stop by and support local talent! 1266 Queen St. West. All Ages. **Free Admission**

Saturday, May 7 from 11:00 am - 6:00 pm. **Pampered Pooches T.O.** This one-day event will have you and your pooch indulging in food, fashion, pet health, grooming and more! This one-stop-pooch-shop offers a unique shopping and infotainment market geared for the urban dog lover. Over 45 vendors on site, including food trucks. Arrive at 11:00 am to collect one of the VIP swag bags! info@pamperedpoochesto.com. Liberty Village Presentation Center - West Parking Lot, 80 Lynn Williams. All Ages. **Free Admission**

Saturday, May 7 from 11:00 am - 6:00 pm. **Spring into Parkdale Sidewalk Festival.** Join in the annual festival. Enjoy face painting, kids crafts, musical & cultural entertainment and shop local along Queen St West. 416-536-6918 or director@parkdalevillagebia.com. Queen St. West from Dufferin St. to Roncesvalles Ave. All Ages. **Free Admission**

Walking Group

Sunday, May 8 from 9:00 am - 10:00 am, this event repeats every Sunday morning. **The Rustin Oree Walk.** Weekly walking group for adults for one hour. It is not competitive and is open to all walking styles. 416-743-1331 or rasras@rogers.com. Esther Lorrie Park, 50 Westhumber Blvd. Adults. **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.

The Bulletin is published on the 1st and 16th of every month by the C/S Info Centre. Funding for this Consumer/Survivor initiative has been provided by the Toronto Central Local Health Integration Network (LHIN). It's free to receive. If you don't have email you may receive it by regular mail through the generous support of the Centre for Addiction & Mental Health.

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)!*

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