



BULLETIN

555 May 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/>

A Farewell to our Executive Director, Helen Hook

By: Cassandra Withey

On Wednesday, May 4th we said goodbye to The C/S Info Centre's Executive Director, Helen Hook, by celebrating her retirement and many years of service, with a party in the CAMH mall.

Since I met you, Helen, I knew you were someone I wanted to work with. You've been so dedicated to the Centre's clients and colleagues; a true pillar of strength for the organization. From the Centre's Bulletin, to the tax clinic, these essential services would not be where they are today without you.

It's impossible to count how many of those you've helped along the way. You've left a lasting mark on so many people's lives. You have poured your heart and soul into your work; almost 12 years of helping others at C/S Info.

I just wanted to take this space to say THANK YOU SO MUCH HELEN!!!!!!!!!!!!!! On behalf of all of the Bulletin Subscribers, Clients, Staff, Volunteers, Board Members and CAMH Affiliates: you will be missed and are appreciated beyond measure.

Happy Retirement Helen I wish you all the best!!



Moving Towards Fitness in High Park



Start to reclaim your health by exploring the connection between physical and emotional wellness! Facilitated by a trained fitness instructor and yoga teacher and a community peer support worker. All fitness levels welcome!

This FREE program will include: A varied terrain walk, an introduction to a full body workout and a wellness check in.

**Next Sessions: Friday, May 20 and Friday May 27, 2016
11:00 am - 1:00 pm (Rain or Shine!)
Every Friday until June 10th**

We will meet at the entrance to the park nearest to Keele Subway Station, on the corner of Bloor Street West and Keele Street. Please bring water, athletic shoes and a towel or exercise mat.

**Questions? moving.towards.fitness@gmail.com
Or call Laura: 416-929-0149 ext. 259**



Community Announcements



TORONTO MAD PRIDE WEEK

July 11 – 17, 2016

Mad Pride Week is a festival created, organized and run by consumer survivors. We want to present great events, artists, workshops, music and activism.

To make it happen we need you to get involved, volunteer, attend, donate and be your Mad Mad self!



Calling Mad Artists and Musicians

The Mad Market is on: Saturday, July 16, 2016

We seek diverse artists who identify as Mad people or consumer survivors.

1. **Name:**
2. **Contact info:** email, phone number, URL.
3. **What type of art:** (painting, comics, jewelry, pottery, music + more)
4. **Experience & examples of your art:** experienced & new artists wanted.
5. **Story about your Art and its connection to “Madness”:** (3-5 sentences max.- indicate if we can share your story on the website)

Apply now (before June 17): We prefer that you use our website application form (<http://www.torontomadpride.com/2016/05/mad-market-call/>) or email us at torontomadpride@gmail.com with the subject line “Mad Market” + Your Name. You can also mail to Sound Times, 280 Parliament St., M5A 3A (no art by mail). We need different types of art. # Artists limited.

Together we can make Mad Pride 2016 a Huge Success!!!

Celebrate, empower and build community through education and advocacy
Get social and involved: volunteer: torontomadpride@gmail.com www.torontomadpride.com
[@madpridetoronto](http://facebook.com/torontomadpride)

Donate to Mad Pride Toronto at: <http://bit.ly/1YLEcVs> Share the link!

Open Call for Performers for MADx by night - Deadline June 15th

MAD_x by night is a community event brought to you by The-Rebellion.ca .

The first event **Friday, July 15** is part of programming for Toronto Mad Pride Week 2016. An evening of:

Celebration, Rebellion and performance around the question:

What does it take to free ourselves of who/what others would have us be?

Multiple performers, many voices and forms, including...

Poetry | Spoken Word | Rant | Stand-up | Sketch | Song | Dance | etc.

Open Call for rebels/ performers: We invite you to join the rebellion and submit your proposal to be one of our performers....

More information:

<https://the-rebellion.ca/>

Guidelines for would-be rebel/performers:

<https://the-rebellion.ca/2016/05/10/madx-open-call-for-rebel-performers/>

Submission Form:

<https://the-rebellion.ca/2016/05/10/madx-open-call-for-rebel-performers/>

Or if you don't have internet access pick up a form from C/S Info starting May 18.

My Visit to Progress Place's Health and Wellness Fair

By: Jacqueline, Volunteer at C/S Info Centre

On Wednesday, April 20, Progress Place held their annual Health and Wellness Fair. The 7th annual event that ran from 2-4pm was small, but contained a variety of service providers along with demos to participate in and snacks to nibble. Everyone who got a passport signed at all the tables received a free seeding plant to take home.

Some of the organizations in attendance were Toronto Public Health, Sheena's Place, the Wellesley Community Centre, The Central YMCA, Toronto Central Community Care Access Centre, and Progress Place's Warm Line and "Try something new for 30 days challenge".

Lots of information and fun was had!

Keep your eye out for the 8th Annual Fair in Spring 2017!

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!

Repair Café at Skills For Change

The C/S Info Centre heard that a special organization may be celebrating a special anniversary...

What is Repair Café Toronto?

(From the Repair Café Website: <http://repaircafetoronto.ca/about/>)

Repair Café Toronto is a grassroots, volunteer group that organizes **FREE** events where neighbours help neighbours learn how to repair. Repair Café events are hosted by local community centres, branches of the Toronto Public Library and other community-based organizations.

Go and see the Repair Café for yourself:

Saturday, May 28, 2016 from 10:00 am - 1:00 pm

Skills For Change, 791 St. Clair Ave. West.

To avoid lineups, come early. Registration closes one hour before the end of the event.

Do you want to improve your fitness, wellness and overall health?

ONTrack is a **FREE** program for young adults 16-24 who self-identify as someone with a mild to moderate mood or mental health challenge.

8-week program with on-going registration starting in May.

To register: 416-924-6211 ext. 0 or go in person to the Miles Nadal JCC – 750 Spadina Ave.

Want to know more? Search 'ONTrack' at www.mnjcc.org for info or email: ontrack@mnjcc.org

Mindfulness Flow Yoga | Strength and Endurance Circuit | Core Fusion | Vinyasa Yoga | Mindful Edge Meditation | Gravity | Athletics

ONTrack uniquely provides:

- A Peer-Support Worker to support participants throughout the program, in class and out of class
- An extra 15 minutes before class and after class for check-in and check-out activities. Breaking down barriers and getting to know your classmates and instructors
 - Goal-setting and choice for personal growth
- Continual feedback opportunity and a chance to measure your mental health progress

Save The Date

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

1. The next **VOICE YOGA** session takes place Monday, June 13 at 2:00 pm at the Secret Handshake Gallery, 170 Baldwin St. upstairs. Free will offering. For info: creativevocalizationstudio@hotmail.com
2. **Mad Pride Week** Is Approaching Quickly!!!! July 11 – July 17, 2016. YOU can make Mad Pride even better by volunteering: torontomadpride@gmail.com Remember, to mark your calendars it's an event not to be missed!!
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

SAFE AT HOME PROJECT HOUSING UNIT TAKEOVER TASK FORCE

Call For Research Participants

The Dream Team is a consumer/survivor run group dedicated to advocacy, education and research in the areas of supportive housing, mental health, discrimination and stigma.

The Dream Team has begun work on the "Safe at Home" project to create awareness about a growing problem in our communities involving the takeover of units of vulnerable tenants by drug traffickers. We call our team, ***The Housing Unit Takeover Task Force***.

Takeovers involve complex social, economic and psychological dependencies in which drug traffickers exploit vulnerable tenants and their housing. Very little research on the topic exists, yet takeovers are very common.

We are looking for people who might be residents, ex-residents, friends, neighbours, family, frontline staff or other persons to discuss their experience with this problem. You will be asked to fill out simple surveys, or to join us in **confidential** interviews, which will be safely and privately facilitated by peers of The Dream Team. If you have personally experienced a takeover in your unit, been witness to or have worked with people who experienced takeovers, we would be interested in speaking to you.

To learn more about the project, interviews, surveys and financial incentives for participating, please contact us. All communication is strictly confidential.

Lead researcher - Eric Weissman Ph.D. at: EricWe@houselink.on.ca (416-516-1422 ext. 251)

Dream Team Coordinator - Joanna Pawelkiewicz at: coordinator@thedreamteam.ca (416-516-1422 ext. 262)

Thank You.

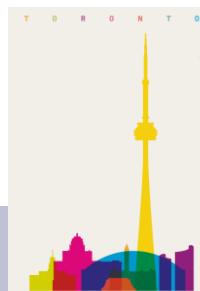
Eric Weissman Ph.D. Lead Researcher
Housing Unit Takeover Task Force
The Dream Team

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

Free and Low-Cost Events for May 16 - 31, 2016

For TTC information call: 416-393-4636 (INFO) or visit: ttc.ca

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 & Crafts

Tuesday, May 17, May 24 and May 31 from 10:00 am - 12:00 Noon, this event repeats every Tuesday.

Colouring for Adults. Join in for a colouring session that will rejuvenate your inner soul and relax your mind. Colouring pencils and colouring sheets are provided. No registration required. 416-396-8850. Cedarbrae Library, Lower Level Community Room, 545 Markham Road. Adults. **Free**

Tuesday, May 17, May 24 and May 31 from 6:00 pm - 8:00 pm, this event repeats every Tuesday. **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 in 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**

Monday, May 30 from 10:00 am - 3:00 pm, this event repeats every Monday. **Hand Sewers Needed.** Hand sewers are needed Mondays for St. Leo's Quilting Group. Come and join this fun group. 416-259-8765. St. Leo's Church, 277 Royal York Rd., enter church basement off Stanley Ave. Adults. **Free**

Now through Saturday, June 11, Tuesday to Friday from 10:00 am - 4:00 pm and Saturday from 9:00 am - 4:00 pm (closed Sunday and Monday). **Tunnel Vision: The Story of Toronto's Subway at The Market Gallery.** Presented in partnership with the Toronto Transportation Society. *Tunnel Vision: The Story of Toronto's Subway* uses photographs, maps and artifacts to examine the complexity and massive scale of the subway's operation. For more than 60 years, it has been the backbone of Toronto, moving billions of passengers. The exhibit focuses on the enormous effort that it takes to keep the subway rolling and the vital role rapid transit plays. toronto.ca/marketgallery, 416-392-7604 or marketgallery@toronto.ca. South St. Lawrence Market, 95 Front St. East. **Free**

Books and Authors

Tuesday, May 17 from 2:00 pm - 3:00 pm. **The eh List Author Series: Lisa Moore.** The eh List Author Series presents award-winning author, Lisa Moore and her first young adult novel, Flannery. Heartbreaking and hilarious, empowering and harrowing, sixteen-year-old Flannery Malone takes matters into her own hands and concocts a love potion for her entrepreneurship project - and the conquest of outlaw graffiti artist Tyrone O'Rourke, the rebel-with-a-cause of Flannery's dreams. Book signing to follow. Runnymede Public Library, 2178 Bloor St. West. All Ages. **Free**

Tuesday, May 17 from 7:00 pm - 8:00 pm. **Uptown at the Salon: Chris Cleave.** The New York Times bestseller and critically acclaimed author of Little Bee on his newest book, Everyone Brave Is Forgiven. Chris Cleave is a columnist for The Guardian in London. His first novel Incendiary was published in 20 countries, won the 2006 Somerset Maugham Award and was shortlisted for the 2006 Commonwealth Writers' Prize. His second novel Little Bee was a New York Times bestseller and was shortlisted for the Costa Award and the Commonwealth Writers' Prize. In Canada, it was a national bestseller, and a reader and book club favourite. His third novel Gold was also a bestseller, receiving wide critical acclaim. Q&A and a book signing to follow. 416-395-5672. North York Central Library, 5120 Yonge St. Adults. **Free**

Wednesday, May 18 from 7:00 pm - 8:00 pm. **The eh List Author Reading Series: Edward Riche.** The eh List Author Series presents award winning author, producer and film maker Edward Riche. His latest bitingly brilliant comic novel, Today I Learned It Was You, highlights the drama and dysfunction of local politics, overzealous rights activists, and the perils of contemporary social media. Book signing to follow. 416-393-7703. Beaches Library, 2161 Queen St. East. Adults. **Free**

Thursday, May 19 from 6:30 pm - 7:30 pm. **An Evening with Tanis Rideout.** Join the Jones Book Club in welcoming Tanis Rideout, bestselling author, as she shares the inspiration behind her debut novel, Above all Things. 416-393-7715. Jones Branch Public Library, 118 Jones Ave. Adults. **Free**

Thursday, May 19 from 7:00 pm - 8:00 pm. **The Eh List: Anne and Nicholas Giardini.** The eh List Author Series presents journalist Anne Giardini and son, Nicholas, on Startle and Illuminate: Carol Shields on Writing. This essential work, drawn by Shield's daughter and grandson, Anne and Nicholas Giardini, from her voluminous correspondence with other writers, essays, notes, comments, criticisms, and lectures, is a last gift from one of Canada's finest novelists. Book signing to follow. answerline@torontopubliclibrary.ca or 416-393-7131. Toronto Reference Library, Atrium, 789 Yonge St. Adults. **Free**

Friday, May 20 from 1:00 pm - 2:00 pm. **Meet Author Susin Nielsen.** Meet author Susin Nielsen as she talks about how she became a writer, from Degrassi Junior High to her award-winning young adult novels. 416-393-7692. Annette Street Library, 145 Annette St. Youth. **Free**

Monday, May 30 from 6:30 pm - 7:30 pm. **Asian Heritage Book Discussion.** Join us as community activist and author Jennilee Austria leads us through a discussion of Manilla-born author, Mia Alvar's, *In the Country: Stories*. This book explores the lives of men and women in the Filipino diaspora. 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

Cooking

Sunday, May 29 at 4:00 pm, this event repeats every Sunday. **Kitchen Basics.** Join us for Kitchen Basics - suitable for anyone new to cooking, struggling to cook on a limited budget, or who may need a refresher. Each evening, we will cook & learn together, share a meal and take away some excellent left-overs. All materials and food are provided for free. 416-424-3074 or woodmount57@gmail.com. St. Luke's Anglican Church, 904 Coxwell Avenue (at Cosburn). All Ages. **Free**

Festival - *Doors Open Toronto is a C/S Info Staff Favourite*

Saturday, May 28 and Sunday, May 29 from 10:00 am - 5:00 pm. **17th Annual Doors Open Toronto, presented by Great Gulf.** This event offers free and rare access to more than 130 architecturally, historically, culturally and socially significant buildings across Toronto. More than 30 of this year's buildings are participating for the first time. This year's theme of *Re-used, Re-visited and Revised* explores the adaptive re-use of buildings throughout Toronto's architectural history. www.toronto.ca/doorsopen for map and to plan your day. doorsopen@toronto.ca or 416-392-2489. Doors Open is produced by the City of Toronto in partnership with the broader community. Various buildings across Toronto. All Ages. **Free**

Financial

Tuesday, May 17 from 6:00 pm - 7:00 pm. **Life After Debt.** This free workshop teaches you how to manage your finances, get out of debt sooner and save for your future. This session will focus on how to pay your mortgage and credit cards down in less time, while saving on interest. msstaff@torontopubliclibrary.ca. Morningside Library, 4279 Lawrence Ave. East. All Ages. **Free**

Game

Saturday, May 28 from 2:00 pm - 3:30 pm, this event repeats. **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. hwstaff@torontopubliclibrary.ca or 416-394-5210. Humberwood Library, 850 Humberwood Blvd. All Ages. **Free**

Gardening and Plants

Sunday, May 29 from 12:00 Noon - 4:00 pm. **Native Plant Sale.** North American Native Plant Society presents: sale of wildflowers, ferns, grasses and shrubs; information about attracting birds, butterflies and other pollinators and knowledgeable volunteers to assist in choosing the right plants for your location. Please visit the website at www.nanps.org for details. 416-631-4438 or info@nanps.org. Christie Pits Park, Bloor & Christie. All Ages. **Free**

Monday, May 30 from 7:20 pm - 9:00 pm. **Tips for Low Maintenance Gardening - North York Garden Club.** A Toronto Master Gardener presents information and tips on what plant to grow where. patcappelli@yahoo.ca or 647-296-0402. St. Luke The Church Of Lutheran, 3200 Bayview Ave. All Ages. **Free**



Saturday, May 28 from 9:00 am - 1:00 pm. **Spring Flea Market & Plant Sale.** Port Union Seniors hosts its annual Spring Flea Market & Plant Sale. Come for the plants, bake table, raffle, jewelry and much more. ggabrie@toronto.ca. Port Union Community Recreation Centre, 5450 Lawrence Ave. East. All Ages. **Free Admission**

Health & Wellness

Friday, May 27 from 1:00 pm - 2:30 pm, registration is required. **Stress Management Talk.** Toronto Western Hospital Artist Health Centre and Patient and Family Library present the monthly talk on the topic of Stress Management. Subtopics include understanding stress, ways to manage stress and where to get help with stress. There will be a question and answer period after the presentation. To register: 416-603-6475 or evaneline.roldan@uhn.ca. UHN is a scent-free organization. Toronto Western Hospital, Auditorium, 2nd Floor West Wing, 399 Bathurst St. **Free**

History

Thursday, May 19 from 6:30 pm - 8:00 pm. **The de Havilland Mosquito.** Join aviation historian Keith Hyde as he speaks about the Downsview-built de Havilland Mosquito. Often called the "Wooden Wonder" and probably the world's first multi-role combat aircraft, over 1000 Mosquitos were built at Downsview by thousands of Canadian men and women across the GTA. A number of Canadian and Polish squadrons flew Mosquitos in World War 2. bbertrand@torontopubliclibrary.ca or 416-393-7671. High Park Library, 228 Roncesvalles Ave. Adults. **Free**

Law

Thursday, May 19 from 6:30 pm - 8:00 pm. **Understanding Family Law in Ontario.** Family law can be complicated. Come and learn about your rights and obligations. Our guest lawyer, Renatta Austin, will cover issues like separation and divorce, custody, access and child support. To register: 416-394-1000. Maria A. Shchuka Library, 1745 Eglinton Ave. West. Adults. **Free**

Meditation & Yoga

Monday, May 16 from 6:30 pm - 8:00 pm, this event repeats. **Kundalini Yoga:** breathe, move, sing, relax and meditate. A free 8-week series. Mondays, 6:30 pm – 8:00 pm. Now - June 29. Come to the full series or to individual classes. Just bring a yoga mat and you! 416-393-7692. Annette Street Library, 145 Annette St. Adults. **Free**

Monday, May 30 from 6:30 pm - 7:30 pm, registration required. **Stress Management Through Restorative Meditation.** These classes consist of a relaxing meditation session and tension relieving stretches. Please bring a yoga mat or a non-slip surface mat to the class. To register: 416-394-1040. Oakwood Village Library and Arts Centre, 341 Oakwood Ave. Adults. **Free**

Movies

Friday, May 20 at 5:30 pm. **Star Wars Episode VII The Force Awakens.** As Kylo Ren and the sinister First Order rise from the ashes of the Empire, Luke Skywalker is missing when the galaxy needs him most. It's up to Rey and Finn to join forces with Han Solo and Chewbacca in a desperate search for the one hope of restoring peace to the galaxy. 2015, 135 min., PG. 416-393-7686. Parkdale Library, Auditorium, 1303 Queen St. West. **Free**

Friday, May 27 from 6:00 pm - 8:00 pm. **Spotlight.** Spotlight tells the riveting true story of the Pulitzer Prize-winning Boston Globe investigation that would rock the city and cause a crisis in one of the world's oldest and most trusted institutions. Bloor/Gladstone Library, 1101 Bloor St. West. **Free**

Music

Please join in for these wonderful opportunities to hear the talents of **The Glen Gould School in concert**. Please arrive 10 minutes prior to the concert/recital start time. 416-408-2824 or <http://learning.rcmusic.ca/glen-gould-school/student-recitals-and-concerts>. Royal Conservatory of Music, 273 Bloor St. West. **Free**

Tuesday, May 17, 2016	Yada Lee, violin	Mazzoleni Hall	1:00 pm
Tuesday, May 17, 2016	Jimin Shin, violin	Mazzoleni Hall	8:00 pm
Wednesday, May 18, 2016	Jennifer Murphy, violin	Mazzoleni Hall	2:00 pm
Wednesday, May 18, 2016	Richard Dobeck, clarinet	Mazzoleni Hall	5:00 pm
Wednesday, May 18, 2016	Qiao Yi Miao Mu, piano	Mazzoleni Hall	8:00 pm
Thursday, May 19, 2016	Guanya Zhang, piano	Mazzoleni Hall	2:00 pm
Thursday, May 19, 2016	Justin Hickmott, tuba	Mazzoleni Hall	5:00 pm
Thursday, May 19, 2016	Meghan Jamieson, soprano	Mazzoleni Hall	8:00 pm
Friday, May 20, 2016	Emily Hart, oboe	Mazzoleni Hall	2:00 pm
Friday, May 20, 2016	Ah Young Kim, violin	Mazzoleni Hall	5:00 pm
Friday, May 20, 2016	Edward Zhou, piano	Mazzoleni Hall	8:00 pm
Saturday, May 21, 2016	Christina Campsall, mezzo-soprano	Mazzoleni Hall	5:00 pm
Saturday, May 21, 2016	Hua Chu Huang, violin	Mazzoleni Hall	8:00 pm
Sunday, May 22, 2016	Alvaro Vasquez Robles, tenor	Mazzoleni Hall	2:00 pm
Sunday, May 22, 2016	Vladislav Kalinichenko, trombone	Conservatory Theatre	2:00 pm
Sunday, May 22, 2016	Alexis Hatch, violin	Mazzoleni Hall	5:00 pm
Sunday, May 22, 2016	Emily Phernambucq, flute	Conservatory Theatre	5:00 pm
Sunday, May 22, 2016	Lillian Brooks, mezzo-soprano	Mazzoleni Hall	8:00 pm
Sunday, May 22, 2016	Daniel Temnik, violin	Conservatory Theatre	8:00 pm
Monday, May 30, 2016	David Lee, violin	Mazzoleni Hall	2:00 pm
Monday, May 30, 2016	Luka Marcoux, oboe	Mazzoleni Hall	5:00 pm
Monday, May 30, 2016	Drew Comstock, cello	Mazzoleni Hall	8:00 pm
Tuesday, May 31, 2016	Norita Portilho, soprano	Mazzoleni Hall	2:00 pm
Tuesday, May 31, 2016	Gloria Yip, violin	Mazzoleni Hall	5:00 pm

Thursday, May 19 from 2:00 pm - 3:00 pm, registration required. **Recreational Harp Circle** with Certified Harp Therapist , Martha L. The small harp is very easy to play. The strings are colour-coded and there are no unpleasant sounds. It also offers participation to everyone involved based on their own level. The music embraces the premise of harmony. To register: 416-394-5247. Brentwood Library, 36 Brentwood Rd. North. Seniors. **Free**

Saturday, May 21 at 12:30 pm. **World Fiddle Day Toronto**. Concert. Rosalyn Dennett, Appalachian fiddle; Dan MacDonald, Cape Breton fiddle; Mark Marcyk, Ukrainian fiddle; Yosvai Castaneda, Latin violin. 647-217-4620. Around the World Jam follows at 2:30. Fort York National Historic Site, Blue Barracks, 250 Fort York Blvd. **Free**

Wednesday, May 25 from 1:30 pm – 2:30 pm. **Sitar and Tabla Recital**. Presented by Raag-Mala Toronto, also part of Asian Heritage Month, come enjoy a Sitar lecture and demonstration with Neeraj Prem on Sitar and Ed Hanley on Tabla. Parkdale Library, Auditorium, 1303 Queen St. West. **Free**

Thursday, May 26 at 5:00 pm. **Live From City Hall.** Live from City Hall returns with four-time Country Music of Ontario Award-nominees Runaway Angel followed by Johnson Crook, a heart throbbin', boot stompin' alt-country band. toronto.ca/livefromcityhall. City Hall, 100 Queen St. West. **Free**

Friday, May 27 at 8:00 pm. **Greater Toronto Philharmonic Orchestra.** Latin Night. Ravel: Bolero; Copland: An Outdoor Overture; and other works. Robert Michaels, guitar/vocals. 647-238-0015. Mel Lastman Square, 5100 Yonge St. **Free**

Spring Sales, Fairs & Markets

Saturday, May 21 from 10:00 am - 3:00 pm. **No Money, No Barter, No Trade - Everything is Free at the North York Really Really Free Market!** Join in for a market of free things! Bring things that you no longer need and take things that others bring. You don't need to bring anything to take anything but we ask that you only bring items that are clean and in working condition. Please note that the RRFM will stop taking items at 2:00 pm. If you have any questions feel free to ask anyone wearing a 'Volunteer' name tag.

<https://northyorkrrfm.wordpress.com/>. Driftwood Community Centre, 4401 Jane St., North of Finch. **Free, Really!**

Walking and Running

Starting back in May, every Wednesday at 5:30 pm. **Running Free!** Running Free is a free weekly walking & running group for CAMH and the greater community. All CAMH clients, staff and volunteers are welcome, as well as family, friends and neighbours. We meet every Wednesday at the front doors of the Bell Gateway Building, 100 stokes street and leave promptly at 5:45pm. The group is open to those who walk, those who want to learn to run, as well as more intermediate runners. If you have any questions or would like to RSVP please contact Andrea at: andrea.reynolds@camh.ca or 416-535-8501 x 33074. Remember to wear comfortable shoes and gym wear. Extra shoes and running gear is available for those who need. CAMH, Bell Gateway Building, 100 Stokes St. **Free**

Monday to Saturday, between 9:30 am and 3:30 pm. **ROM Walks.** <https://www.rom.on.ca/en/whats-on/romwalks> or 416-586-8097 to plan your walking tour. Various locations. **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 and Martha (the computer gal)!

Thanks for subscribing!