



Bulletin

557 June 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 www.csinfo.ca

It's Summer!

Summer officially arrives Monday, June 20 and with the season comes a feast for the senses. Fresh food markets, cultural and music festivals, gardens blooming with fragrant flowers - it can be a wonderful time.

The sounds of summer - Music festivals and music in general—can be particularly enjoyable and may even help our minds stay healthy – be sure to read a great article by Cassandra about music and its connection to mood.

The tastes of summer - Markets are popping up everywhere and they can provide a wonderful opportunity try some fresh fruits and vegetables and support our local farmers. Check out our listing of some markets around the city.

The feel and scent of summer - With the warmer weather, we can get outside and explore beautiful parks and beaches. Smell the fresh air, feel the sand and cool water or simply sit in the shade and enjoy a breeze. Toronto has been described as an urban forest, no matter where you live in the city, there is probably a park nearby. In our things to do pages we share a few of our favorite spots.

Sensory overload? Perhaps escape with a book. Visit our city's many public libraries where you can find a book on just about anything. The library is also a comfortable place to browse the internet or read the newspaper.

We hope you enjoy this issue of the Bulletin. Your comments and suggestions are encouraged and always welcome, please write, call or drop in to share your thoughts.

Are You Ready For Mad Pride?

Mad Pride is July 11-17

The next issue of The Bulletin is The Mad Pride Special.
All events relating to Mad Pride will be in the next issue.

Mood and Music:

Does any relationship exist between the two?

By Cassandra

I'm here at my desk on a Monday morning listening to an upbeat song. I suddenly notice myself feeling better about it being the start to a busy work week. Personally, I know that different songs can illicit different feelings in me. I'm wondering, does music really have an affect on our mood?

Let me delve a little deeper into this topic by sharing some research with you, our Bulletin readers.

According to an article written by Suzanne Boothby, Published on May 17, 2013 for Healthline News (<http://www.healthline.com/health-news/mental-listening-to-music-lifts-or-reinforces-mood-051713>) there was study done by scientists at the University of Missouri that revealed that people can boost their mood by listening to upbeat music. Is this a huge revelation? Well not really, it does make sense in my life.

The article also reports that music has been used as therapy for a long time. It can help increase energy, improve mood and even help the body heal.

Dr. Frank Lipman, founder and director of Eleven-Eleven Wellness Center in New York City, recommends musical time-outs as a way to calm your body and brain with soothing rhythms and to slow down your heart rate and help you breathe easier.

So I turn to you dear readers and I ask, what type of music do you listen to? How does it make you feel? Does music improve your mood?

Continue the conversation and tell us what you think!

by email:

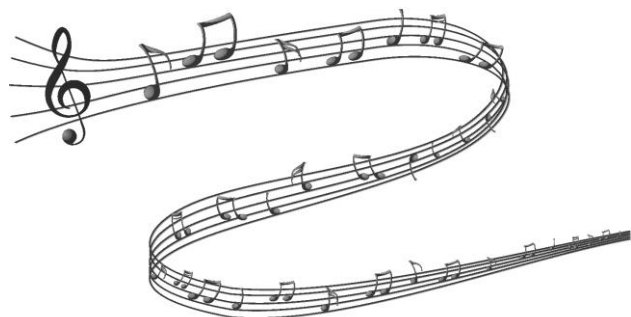
csinfo@camh.ca

OR

write to us at:

**Attn: Cassandra or Christine
Consumer/Survivor Information Resource Centre of Toronto
1001 Queen St. West c/o CAMH, The Mall
Toronto, ON M6J 1H4**

With your permission, we'll publish some personal anecdotes in an upcoming issue of the Bulletin. You're welcome to use your real name, a psudenom or no name at all! It's up to you. We <3 hearing from our subscribers.



**I think music in itself is healing.
It's an explosive expression of humanity.
It's something we are all touched by.
No matter what culture we're from,
everyone loves music."**

~ Billy Joel

WRAP® Level 2 Facilitator Training

Start or Enhance Your Own WRAP® Practice

Training Dates: July 25th to July 29th, 2016

9 am to 5 pm daily in Aurora, Ontario

Eligibility: Qualifying Level 1 WRAP®. Copy of Level 1 certificate required.

Costs:

Individual: \$800.00

Unwaged: \$600.00

Limited # of Subsidies Available

Registration: An information and application package can be accessed at: www.cultureofrecovery.org

Email: peerseducate@gmail.com

Or leave a message at 416-797-6994

Register early to avoid disappointment!

Maximum 16 participants!

Registration and payment required by **June 30th, 2016**



This training is provided by the Building a Culture of Recovery through a partnership between the Krasman Centre and York Support Services.



Krasmancentre

Course Description: This workshop is 5 intensive days of workshops that prepares participants to facilitate WRAP® groups in their community and organization. It is for people who have completed a Seminar 1 WRAP® course. The Seminar II WRAP® Facilitators course provides an experiential learning environment based on mutuality and self-determination. This training is appropriate for people with lived experience who would like to lead Mental Health Wellness Recovery (WRAP®) groups, work with others to develop their own WRAP® and give presentations on mental health recovery related issues to groups or organizations.

Our WRAP® training is aligned with Copeland Center's "Fidelity Model" that is supported by research and recognized as best practice. WRAP® facilitator training is led by two Advanced Level WRAP Facilitators who received their training directly from the Copeland Center, modeling the values and ethic of WRAP® and co-facilitation model to create environments in which individuals can explore how they can learn from WRAP® and use it in their own lives.

Workshop Certification

Five Day WRAP® training

Four Practice Elements

Demonstrate Values & Ethics of WRAP®

Knowledge and demonstrated ability to use WRAP® & 5 Key Concepts

Mentoring Plan

There are four parts to WRAP® Level 2 Facilitator Training



Please access and read our information package for full details including prerequisites, location, training commitments, cancellation policy, applying for a subsidy and full details on how to apply for this training. Thank you.

Articles of Interest

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!

Mindfulness

Mindfulness has been described as: "The awareness...from paying attention in a particular way; on purpose, to the present moment, non-judgementally" (Jon Kabat-Zinn)

According to Dr. Patricia Rockman, a family physician and the Director of Education and Clinical Services at the Centre for Mindfulness Studies: "Mindfulness is a way of paying attention to, and seeing clearly whatever is happening in our lives. It can help us respond to life's challenges in healthier ways. It does so by helping us get back in touch with the full range of our inner and outer resources for learning, growing, and healing, resources we may not even realize we have."

Mindfulness, trains us to pay close attention to what is going on in the present moment; just as it is.

Mindfulness can:

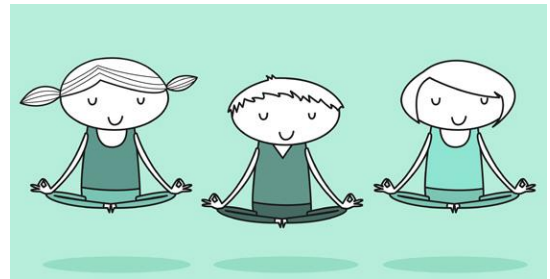
- Increase personal and professional resilience
- Reduce the negative effects of stress
- Assist with a variety of conditions including anxiety, depression and chronic pain

Want to learn more? Here are a few books to guide you:

The Mindful Way Workbook – An 8-week Program to Free Yourself from Depression and Emotional Stress
John Teasdale, Mark Williams, Zindel Segal, 2014

A Mindfulness-Based Stress Reduction Workbook
Bob Stahl, PH.D, Elisha Goldstein, PH.D, 2010

Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World
Mark Williams and Danny Penman, 2011



Employment Matters

Job Posting

Sound Times Support Services

Community Service Worker

1 Full Time – Permanent Position Available

Sound Times is currently seeking one worker for our case management team. We are a Peer Initiative; all agency services are provided by individuals who use or have used the mental health system. The successful candidate will be responsible for providing individual supports for clients seeking help navigating community resources, and accessing mental health and addiction services.

Sound Times is funded by the Toronto Central Local Health Integration Network (TC-LHIN) to provide Consumer/Survivors of the mental health system with case management and addiction services, mental health and justice advocacy, and social supports in addition to educational and recreational opportunities.

Only those selected for an interview will be contacted.

First Nations, visible minorities and other marginalized and historically dis-advantaged populations are strongly encouraged to apply.

No phone calls or emails to staff, please!

To apply for this posting, please email cover letter and resume to: hiring@soundtimes.com

Also, you can apply using the Charity Village posting:

<https://charityvillage.com/jobs/search-results/job-detail.aspx?id=339899&l=2>

Salary: \$48,000 annually. Benefits to start after three months with a six months' probationary period.

Closing date for applications July 29, 2016.

Toronto Employment Centres

Toronto Employment and Social Services has Employment Centres across the city. Each centre is staffed with trained Career and Employment Information Specialists. Staff can provide you with the help you need to reach your education and employment goals. No appointment is necessary.

When you visit an Employment and Social Services Employment Centre, you will find tools and resources to help you with your job search. Services are free, available to all city residents and include:

- coaching and guided job search support, with information on resume writing, interview skills and more
- access to computers, the Internet, printers, fax machines and telephones
- career development workshops and job fairs, books and other printed materials, and
- information about: career planning, volunteering and work experience, upgrading your education and more.

Contact a centre near you to learn about, and register for job fairs and Employment Centre workshops

To find your nearest centre call Client Services and Information at 416-392-2956

Save The Date

The Junction Summer Solstice Festival

June 18, 2016

Noon to midnight

Dundas Street West and Keele Street

The first festival of the Summer Season, celebrating the longest day of the year. You can learn all about the Junction by enjoying a full day of activities and events showcasing the best the Junction has to offer. With fantastic summer themed entertainment, sunny energy and a shopping experience like no other in the city; The Junction Summer Solstice Festival is the place to be.

Celebrate DIY culture, urban interventions, and a love for art, design and music. A green powered event showcasing the neighbourhood's passion for healthy lifestyles and love for fresh quality food. Day to Night enjoy family friendly shows and workshops, and taste the unique street food from local businesses. Stay around for a special events, projection show and the bustling nightlife. June 18th- noon to midnight experience the magic allure of the West Toronto treasure-TheJunction!

For more information call: 416-767-9068

Website: www.thejunctionsummersolstice.com



Global Village Festival

June 24-25 2016

Mel Lastman Square
5100 Yonge St.

The annual event attracts community members and leaders, and artists, each representing various cultural groups across Canada. Community members are encouraged to share their cultures in the form of singing and dancing, delivered to an expected tens of thousands of attendees.

The Festival features live performances from musicians, dancers and magicians. As well as information booths for non-for-profit organizations and community representatives to bring attention to their organizations wonderful work with culturally diverse communities in Canada.

For more information call: 416-500-0007

Website: GlobalVillageCity.com



Mad Pride Week Is Approaching Quickly!

July 11 – July 17, 2016.

Let Loose! Ring the Bells!

The Mad Hatter Street Fair is coming!

We need you: The Mad. The Artist. The musician.

Artists: Send us your name, contact info, the type of art and your story.

Musicians: If you are a musician, give us the same as above with an idea of the type of music and who you will perform with.

Find us online or email us: torontomadpride@gmail.com

Apply now (before June 21)

Enthusiasm encouraged, anxiety understood, with Mad Pride...

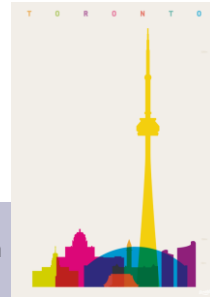
Things To Do

in our beautiful city...

Free and Low-Cost Events for June 16 - 30, 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!



Music

The African Experience Festival in Mel Lastman Square - Saturday, June 18, 2 pm - 8 pm

The African Experience Festival (AFEX) celebrates the best of Africa in an authentic festival that showcases local and International talents. Guests to the festival can enjoy traditional and food fusion recipes from local restaurants and food vendors, bask in traditional African tunes from musicians with sonorous voices playing on their djembe drums and saxophones and travel to Africa through their minds from prime culture exhibited at the festival. Info: 647-778-8207, www.afexfestival.ca. Mel Lastman Square, 5100 Yonge St. **Free**

Yamaha Father's Day Concert in Mel Lastman Square - Sunday, June 19, 1 pm - 5:30 pm

The Yamaha Father's Day Concert showcases the musical achievements by students enrolled in Yamaha Music School's popular music courses. You are invited to listen to guitar, violin, woodwind and cello students perform classical, pop and rock pieces. Info: 416-224-5590. Mel Lastman Square, 5100 Yonge St. **Free**

Thornhill Community Concert Band in Mel Lastman Square - Tuesday, June 21, 7:30 pm - 9 pm

Under the direction of Denny Ringler, the Thornhill Community Band will perform a wide range of music such as marches, Broadway, popular and classical pieces. Info: 416-223-7152. Mel Lastman Square, 5100 Yonge St. **Free**

Concert Under the Stars in Mel Lastman Square - June 23, 7:30 pm - 9:00 pm

An evening concert for families featuring music from all genres: Broadway, light classics, pop, big band and movie themes. Info: 416-622-0825 (please call during business hours). Mel Lastman Square, 5100 Yonge St. **Free**

TD Toronto Jazz Festival – June 24 – July 3

The TD Toronto Jazz Festival has become known as one of North America's premier jazz festivals produced annually by Toronto Downtown Jazz. Attractions include more than 400 performances with over 2000 musicians performing at approximately 50 locations around Toronto. The heart of the Festival is now located at Nathan Phillips Square in the heart of downtown Toronto with an impressive 1,200 seat fully-licensed Mainstage Marquee and outdoor stage, and where many extraordinary events are offered free to the public. Visit www.torontojazz.com for **free and low cost** events near you!

Earl Bales Art and Music Festival – Sunday June 26, 12 pm – 6 pm

This one-day event celebrates the arts and culture of North York and Toronto featuring performances by a variety of local musicians, displays by artists, food booths from local restaurants and activities for kids. Festival recognizes local musical performers of Russian, Ukrainian, Israeli and Pilipino origins for the main stage line-up. The music will be varied in genres including folk, jazz and popular music. Where: 4169 Bathurst Street Bathurst Street and Sheppard Avenue West - Contact: 416-878-8062 – website: www.earlbalesfestival.ca
Cost: Free



Fresh Farmer's Markets

For more information about any of the markets listed, visit:
www.toronto.com/articles/torontos-best-farmers-markets



Central:

MyMarket Bloor and Borden

June 1 – October 19
Days: Wednesday
Time: 3 p.m. – 7 p.m.
Location: Green P parking
on Lippincott St.
Neighbourhood: [The Annex](#)

John Street Farmers' Market

June 5 – October 30
Days: Wednesday
Time: 3:30 p.m. – 7 p.m.
Location: [St. George-the-Martyr
Anglican Church](#)
Neighbourhood: [Queen West](#)

Appletree in Ryerson

May 11 – October 5
Days: Wednesday
Time: 3 p.m. – 7 p.m.
Location: Gould Street
Neighbourhood: Yonge Street

East Toronto:

My Market East Lynn Park

June 2 – October 20
Days: Thursday
Time: 3 p.m. – 7 p.m.
Location: [East Lynn Park](#)
Neighbourhood: Woodbine

East York

May 17 – October 25
Days: Tuesday
Time: 8 a.m. – 2 p.m.
Location: [East York Civic Centre](#)
Neighbourhood: East York

Leslieville

May 22 – November 1
Days: Sunday
Time: 9 a.m. – 2 p.m.
Location: Jonathan Ashbridge Park
Neighbourhood: [Leslieville](#)

West Toronto:

Trinity Bellwoods Farmers Market

May 3 – November 1
Days: Tuesday
Times: 3 p.m. – 7 p.m.
Location: [Trinity Bellwoods Park](#)
Neighbourhood: [West Queen West](#)

MyMarket Liberty Village

June 5 – November 27
Days: Sunday
Time: 10 a.m. – 2 p.m.
Location: Green P on Hanna Ave.
Neighbourhood: [Liberty Village](#)

Humber Bay Shores Farmers Market

June 4 – October
Days: Saturday
Time: 9 a.m. – 2 p.m.
Location: [Humber Bay Park](#) West
Neighbourhood: Etobicoke

North Toronto:

Appletree Uptown

June 16 – October 6
Day: Thursday
Time: 3 p.m. – 7 p.m.
Location: Yonge & Montgomery
Neighbourhood: [Yonge & Eglinton](#)

MyMarket North York

June 6 – October 17
Days: Friday
Time: 3 p.m. – 7 p.m.
Location: Sheppard Ave between
Bessarion and Provost
Neighbourhood: North York

North York Farmers Market

May 26 – October 27
Days: Thursday
Time: 8 a.m. – 2 p.m.
Location: [Mel Lastman Square](#)
Neighbourhood: North York

Parks to visit:

Cottonwood Flats - located at the base of Beechwood Drive in the Lower Don River Valley

Humber Bay Shores Park - 15 Marine Parade Drive, Near Marine Parade and Waterfront Drive

Cathedral Bluffs Park - Kingston Road #12 bus to St. Clair and Barkdene Hills. Get off at the Brooklawn Avenue and Barkdene Hills, Stop #3377. Walk east along Broadmead Avenue to Cathedral Bluffs Park. It is about a 5 minute walk.

Walks

ROM Walks

<https://www.rom.on.ca/en/whats-on/romwalks?page=1>

- Walks are free of charge and take place rain or shine
- Approximately 90 minutes to 2 hours long
- Registration is not required
- Phone: 416-586-8097 – Monday to Saturday, between 9:30 am and 3:30 pm



ROMwalk: The Grange - June 22.16

Wednesday, June 22, 2016 | 18:00 - 20:00

ROMwalk: St. James Cemetery - June 26.16

Sunday, June 26, 2016 | 14:00 - 16:00

Films:

Christie Pitts Film Festival - Sundays June 26th – August 28th, 2016

Christie Pits Park @ Sunset (unless otherwise noted)

all screenings Pay What You Can ~ Bring Your Own Blanket

For more information and movie listings, visit: www.christiepitsff.com

City Cinema – Every Tuesday from June 28 – August 30, 2016, Where: Yonge Dundas Square

Yonge-Dundas Square continues its tradition of offering movie showings every week this summer. Some of the films: June 28 – *Bridesmaids*, July 5 – *Coming to America*, July 12 – *For Your Consideration* and *Best in Show*. All films are **free** and screened outside, beginning at sundown.

For more information visit:

Free Flicks at Harbourfront – June 22 to August 31, 2016 Where: Harbour Front Centre Wednesday evenings in the summer, the Harbourfront Centre presents a series of outdoor films with Free Flicks. This year's lineup is all about family, with films such as *Raising Arizona*, *Stories We Tell*, and *Boy*. All films are free and begin at sundown, around 8:30-9pm. For more information: call- 416-973-4600 or visit:

<http://www.toronto.com/events/free-flicks-at-harbourfront/>

Events and More!

Pride Month and Pride Parade -

Uniting and empowering people with diverse sexual orientations, gender identities and gender expressions, the annual Pride Toronto festival has become a major Canadian arts and cultural event and the largest Pride celebration in North America. Pride showcases Toronto on the world stage with diversity, inclusion and vibrant creativity.

36th annual Pride Parade on Sunday, July 3.

For more information call: 416-927-7433 or

visit: www.pridetoronto.com



CHIN Picnic

June 17-19, 2016 – Where: College Street and Markham

The CHIN Picnic celebrates the diverse cultures of Toronto, with music, vendors, food and performances from local and international talent. Now in its 50th year, the CHIN Picnic is the largest free multicultural picnic in the world. The picnic features dance performances from the east, international cuisine, authentic cultural vendors, a kid zone and more! This year's event is in conjunction with Taste of Little Italy.

For more information: call 416-531-9991 ext. 3900 or visit:

www.toronto.com/events/scotiabank-chin-international-picnic/

Monday Afternoon Book Chat

Upcoming Dates: Mon June 20, Mon July 18 - 2:00 pm - 3:00 pm

Location: Toronto Reference Library

Join to chat about good books in an informal setting. Library staff will present new and recommended titles.

Share your own favorites with the group. All are welcome.

In the Discussion Room, 3rd Floor, Toronto Reference Library, **Free**

Creative Yarn Works

Every Thursday, Where: Maria A. Shchuka Library, 1745 Eglinton Avenue West

Come out and enjoy knitting and crocheting. Beginners welcome. They'll help you learn. Bring your own needles and wool.

For more information call: 416-394-1000

Free

Stress

Wed Jun 22, 2016, 2:00 p.m. - 3:00 p.m. Where: Elmbrook Park, 2 Elmbrook Crescent

Learn how stress impacts your health. Understand the ways you react to challenges in your life, and learn new ways to cope with stress and improve your mental and physical well-being.

To register please call 416-394-5290 or visit the library.

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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Go green; get the **Bulletin** by email! Subscribe by email here: csinfo@camh.ca

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

Thanks for subscribing!