

MEETING THE INFORMATION NEEDS OF CONSUMERS/SURVIVORS IN THE TORONTO AREA

THE CONSUMER/SURVIVOR INFORMATION RESOURCE CENTRE OF TORONTO

1001 Queen St. West, Toronto M6J 1H4

Phone Hours: Monday to Friday from 9am to 5pm • Drop-in Hours: Monday to Friday from 9am to 4pm
416 595-2882 • csinfo@camh.ca • www.csinfo.ca

Our Mission

Drawing on the collective knowledge and lived experience of the mental health and addictions community, C/S Info provides information and resources to improve the quality of life and sense of community for all.

Autobiography Magazine

Autobiography Magazine is an open sourced publication dedicated to leveraging stories and communities who have been silenced, marginalized and under represented in mainstream media and news. Autobiography considers all of these stories part of the complexity and authenticity of human life around the world.

On December 28, 2016, Autobiography Magazine hosted "Toronto's Untold Stories" – a free, interactive human rights exhibit highlighting stories of advocacy and resilience in one of the world's most diverse cities.

At the link below is a collection of the powerful and important stories shared at the event.

www.autobiographymag.com/exhibit/

C/S Info will be closed February 13-24!

The Centre will be **closed for two weeks**. We will **re-open February 27th** at our new location—former home of Suits Me Fine at CAMH. We will have limited access to email and temporary phone disruption during this time.

We'll have an open house once we're settled—stay tuned!

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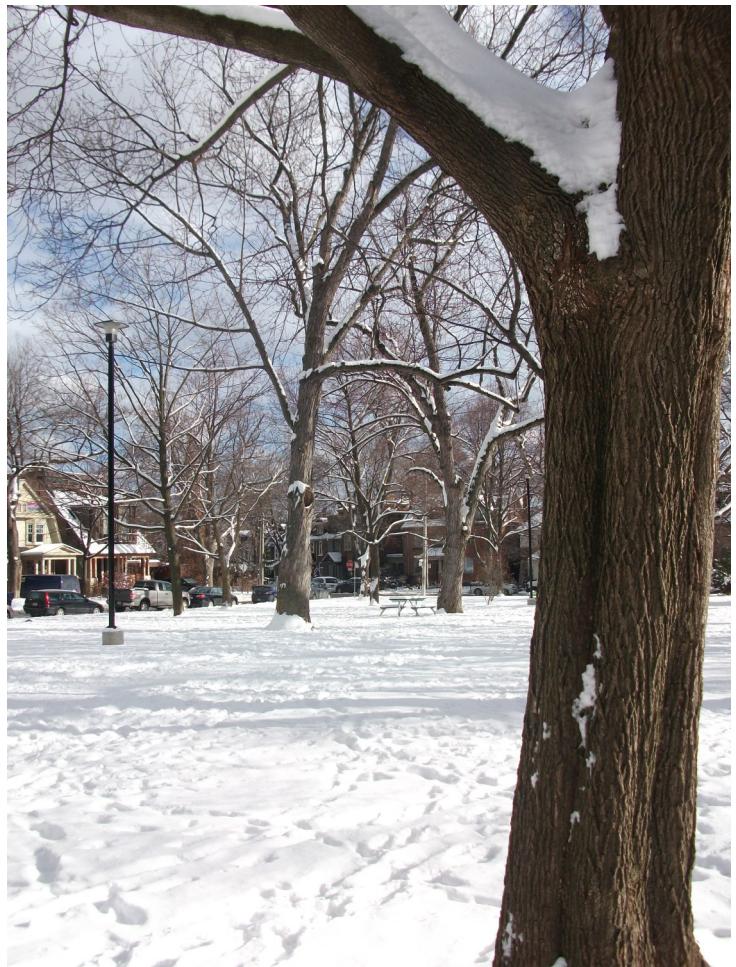


Image courtesy of ©Elisheva Passarello Photography

Initiating Difficult Conversations

Article by Randi Storfer

Have you ever wondered why you would rather sit through a three hour exam or a root canal, rather than have a difficult conversation with someone you care about? Perhaps the biggest reason those more mundane forms of torture are more appealing is there is potentially far more to be lost in having an awkward discussion with a peer or someone you care about. Fearing a loss of the status quo can be intimidating, and so it may be easier to anticipate failure rather than success. The result of that fear, unfortunately, is that many of us put off having that talk in the hope that the situation will miraculously resolve itself without our intervention.

Sometimes if left unresolved, however, the issue can become a festering infection; spreading stealthily throughout our minds, seeping into our emotions and perceptions. Frustration and resentment build, until something happens to trigger an explosion, and the conversation labelled 'Avoid At All Cost' has not only happened without thought or preparation, but has become an argument. All hell breaks loose, feelings get hurt and the issue is becomes fuelled by things too long left unsaid.

When trying to avoid a bad situation, remember that the only person who gets their own way every time in a difficult situation is a dictator. Ask yourself if that is who you want to be, before you initiate the conversation. The issue at hand may not necessarily be about who is to blame.

Before initiating a difficult conversation, a helpful strategy might be to sit down with a pen and paper and ask yourself the following questions in order to avoid getting sidetracked:

"You've got to listen to the voice in your gut. It is individual. It is unique. It is yours. It's called being authentic." - Meredith Vieira (journalist)

"I couldn't wait for success so I went ahead without it." - Jonathan Winters (comedian)

- What is the actual issue at hand?
- What are my intentions in having this conversation?
- What is bothering me most, and is there anything I might be able to let go of? Or in other words...how much really needs to be talked about immediately?
- What am I uncomfortable talking about or afraid to say around this issue, and why? Understanding this will help you avoid defensive or passive aggressive comments when both speaking and listening.

Remember that old saying, "assume makes an ass out of you, not me?" No matter how well you know someone, it can be dangerous to assume you know what is going on inside someone else's head or life. It is quite possible there are things going on that you don't understand.

Ultimately, supporting the people we care about isn't about controlling them; it's about accepting them, both because of and in spite of their foibles. It can be frustrating, but sometimes the best outcome that can be achieved is simply to say what needs to be said, and hope you were understood. It can be hard to watch someone make mistakes or get stuck in bad situations, but one of the most important things in a relationship is to know that we can count on the people we care about to care about us and have the courage to be honest and have those difficult conversations when needed.

Springtime Carol – Donna Linklater

In the springtime of the year
 When the sun shines warm and clear
 We will shake the dust off and open the windows and
 hope we'll be okay...
 In the springtime of the year
 We will raise our voices clear,
 We will shake the pain off and open our hearts
 And know we'll be okay.

OUR COMMUNITY - Announcements & Supports

My City My Six (MCM6)

My City My Six (MCM6) is a participatory public art project that will reveal Toronto and its residents in celebration of Canada 150, six words at a time. From January through May, 2017, the My City My Six project will ask Torontonians of all ages and backgrounds to share something essential about themselves in six words.

Based on the six word story concept popularized by Smith Magazine, this project invites Torontonians to write and contribute six words that best tells their story. My City My Six will culminate in a city-wide exhibition in the public realm in the fall of 2017, showing the diverse lives that collectively make up this great city at this moment in time.

This project is led by Toronto Arts and Culture in collaboration with the city's six Local Arts Service Organizations. Stories will be collected through emails, workshops and events. A jury, including Toronto's Poet Laureate Anne Michaels, will select stories to appear in the exhibition, which will include transit shelters, transit interiors, billboards and other public spaces. Local galleries, businesses and public spaces will also be animated as part of the exhibition in September and October 2017.

Send in your six word story by email: culturalhotspot@toronto.ca Please include your first name, the name of your neighbourhood and your age.

See sample six word stories below:

I was afraid, now I'm fierce - *Maggie, 38, N.E.*

All My Life, I've held on - *Anonymous, 18, Kingfield*

Murals

Hip-hop

Uppercut

Boxing

Coffeeshop

- *Alf, 17, North Mpls.*

If you have questions on My City My Six project, please contact Andrea Raymond-Wong, Community Cultural Coordinator at: Andrea.Raymond-Wong@toronto.ca or 416-338-2469.

For more information visit: www.toronto.ca

Talk to Youth Now – Young Adult Mental Health Support at Stella's Place

Every Monday 5:30 pm-7:30 pm
18 Camden St., Toronto
(West of Spadina Ave., South of Richmond St.)

Talk to Youth Now (TTYN) is an inclusive peer support group that recognizes the benefits of sharing experiences with other young adults. This is a non-judgmental and confidential space where you can express yourself among your peers, with discussion facilitated by peer supporters. Registration is not required.

What can you expect? Information about community resources and events, ideas for accessing support, snacks and TTC tokens are available.

416-461-2345 • LRange@stellaspplace.ca •
www.stellaspplace.ca

Women's Wellness Wednesdays at 416

Wednesday, February 22, 9:30 am - 3:30 pm
416 Dundas Street East, Toronto

Wednesdays at 416 are known as Wellness Wednesdays, where acupuncture, yoga and meditation are offered as mental health and addiction therapy alternatives. They also have fun and creative recreational programs, which give women the opportunity to socialize on group outings (berry picking, historical sites, picnics), and participate in hands-on activities, such as knitting, beading, spa day and cooking classes. This month look out for embroidery group, chair exercise, curiosity club, acu detox and chair yoga. Services are open to anyone who identifies as a woman.

For more information call or visit:

416-928-3334
<http://416community.com/programs-services/>

Dialectical Living

Dialectical Living is an organization that provides Dialectical Behavioural Therapy (DBT) programs for individuals struggling with regulating their emotions who may have a diagnosis of borderline personality disorder, struggle with emotion dysregulation or other mental health concerns. Our goal is to help individuals experiencing significant emotional distress to develop skills and receive the support necessary to feel that they have a life worth living. Our program is unique from other DBT programs as it is run by mental health professionals who are also peers! Services include one to one therapy (with telephone support), peer coaching, groups, meet-up events and workshops. We strive to accommodate individuals of a variety of incomes. Check out our monthly "meet-up" group that does social activities which can be found on [meetup.com](https://www.meetup.com) under "toronto borderlines."

If you have any further questions please call (647)573-3287 www.dialecticalliving.ca

Peer Lens - Community of Practice for Peer Support Workers

Friday, February 24, 6:30 pm-8:00 pm

Working for Change, 1499 Queen St. West, Unit 203, Toronto

A call to action was generated at this year's Peer Support Worker's Strategy and Discussion event, presented by Toronto Mad Pride, to form an independent Community of Practice for Peer Support Workers in the Toronto area.

If you are a Peer Support Worker or have done Peer Support work in the past, you are welcome to attend Peer Lens - a Community of Practice held every last Friday of the month. This is a great opportunity for peers to have discussions around case studies, to network with other peers and to improve our practice overall. For more information and to attend a meeting, please email Karla at: torontomadprideps@gmail.com

Partners for Access and Identification (PAID) ID Clinic

Tuesday February 21 & 28, 2:30pm-4:00pm

519 Church St. Toronto

The ID Clinic happens on the second, third, and fourth Tuesdays of every month from 2:30 pm to 4:00 pm

The PAID program works to help individuals who do not have a permanent address.

This city-wide program helps vulnerable people get the identification they need to access health care, sources of income such as pensions, and other services. Because of the nature of street life, ID is often lost or stolen, and without basic ID—such as a birth certificate, health card or social insurance number—it is impossible to access basic services or find employment. We have over 40 PAID clinic sites in the GTA, and we serve approximately 8,000 homeless people annually.

Through regularly scheduled clinics throughout the city, PAID program works to help individuals who do not have a permanent address.

ID Workers can only assist clients with the following documents:

Birth Registration

- Canadian Birth Certificate – wallet size
- Record of Landing – replacements
- Social Insurance Number (SIN) Card – replacement
- Ontario Health Card, if person does not have an address and ID

Unfortunately, ID Workers cannot assist clients who only have the following documents:

- Permanent Resident (PR) Card
- Canadian Citizenship Card
- Foreign Birth certificates
- Canadian or Foreign Passport
- Ontario Driver Licence
- Ontario Photo ID Card

Computer... Help!



Martha Gandier offers fellow consumers/survivors free over-the-phone or remote online computer advice and support with repairs, upgrades, installations, networking, virus and spyware scans, and clean-ups, coaching in MS Office, 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 will email Martha for you and she will call you. If you have any computer article suggestions for Martha please let her or us know!

Skills for Transformative Connection Series with Speaker Henry Wai

Everyday Choices: Doing what Matters

Thursday, February 16,

Doors open at 1:45pm. Session ends at 3:30pm

519 Church St. Toronto

Want to know how to transform strong emotions and judgmental thinking which get in your way? Want to find ways to get what you really need?

Please RSVP to Tia at tia.c@416community.com

or call 416-928-3334 x223

"The best way to find yourself is to lose yourself in the service of others."

- Mahatma Gandhi (leader/activist)

Computer Q and A

By Martha

1. Why isn't my monitor turning on?

When you turn your computer on, are there any beeps? When a computer is booting up it goes through 'POST' (Power On Self Test) to make sure it's BIOS (basic input/output system) is intact. It will very quickly check if a keyboard and monitor are attached and working, disk drives and RAM are operating. If anything is wrong it will signal the problem with loud beeps. Each motherboard has its own code, but some BIOS beep codes are the same for just about every board. For instance one short beep means 'OK'. Two short beeps means something is wrong, check the monitor for error code. (If you get an error code now or anytime, do a Google search for it. Then you'll know what's going wrong, and usually how to fix it.) One long beep with eight short ones, on an AMI motherboard, means the monitor is disconnected or there is something wrong with the video card. You can look all these up online, by the way!

www.pcshell.com/hardware/beepcodes.shtml

2. My laptop is very, very slow. Why?

I know this is a repeat, but I get asked every month at least once, so here goes....

Malware is usually the culprit, and you should do a scan with Ad-Aware. It's free and relatively easy to use.

www.lavasoft.com/

My favourite malware scan is ComboFix, it's been around a long time but continues to perform when other antivirus/antimalware applications get blocked by the virus. It will open a command prompt, so don't be alarmed! It takes a while to scan, and to produce a log when it's finished.

www.bleepingcomputer.com/download/combofix/

Clean your registry once a month with CCleaner. This stands for Crap Cleaner, and if you've been using your computer a lot, the crap sure does collect.

www.bleepingcomputer.com/download/ccleaner/

Mental health service-user co-lead for novel co-produced course for University of Toronto psychiatry residents

We seek an individual with lived experience of mental health challenges to co-lead an innovative course for senior psychiatry residents at the University of Toronto called From Surviving to Advising. The course pairs people with lived experience as advisors to senior psychiatry residents over the course of 6 months to enable psychiatry residents to learn about Recovery in a context that is free of the constraints imposed by the doctor-patient relationship.

The role of the service user co-lead includes providing strategic leadership for the course, co-facilitating monthly peer supervision meetings, providing support to advisors, acting as a liaison between advisors and the university (psychiatry residents and faculty), assisting with recruitment and selection of new advisors and supporting the dissemination of this innovative course to academic and community audiences. The service-user co-lead works closely with faculty and psychiatry resident co-leads to continuously improve the experience of all participants.

Please note that applications will only be considered from candidates who have experience educating mental health professionals and a proven ability to lead and advocate collaboratively. Applications are encouraged from candidates who have worked as advisors in the course but individuals with similar experience will be considered. Experience with co-production in health or human services is an asset.

The role includes attending two monthly meetings (one with residents and one for peer supervision). An honorarium of \$50 / hour up to \$250 per month is offered.

For more information about the course please visit www.camh.ca/s2a.

To apply please contact sacha.agrawal@camh.ca by **28 February 2017**. Only candidates chosen for an interview will be contacted.

The C/S Info Centre is Recruiting Board Members

C/S Info Centre is seeking people with lived experience with mental health or addiction challenges to join the Board of Directors. The Board meets monthly to oversee the C/S Info Centre's services, financial performance and ensure that we are delivering on our mission. Board members are also part of board committees such as Governance, Human Resources and Finance. Time Commitment: Preparation for and attendance at monthly board meetings: 4-6 hours per month. Additional committee work: 4-6 hours per month.

If interested, please forward information about yourself, including your experience and reasons for interest in volunteering your time to serve on C/S Info Centre's Board of Directors.

Please send your application

Email to Christine at christine.miranda@camh.ca or

Mail to:

C/S Info Centre, 1001 Queen Street West, c/o CAMH, The Mall, Toronto, Ontario M6J 1H4

Call for Art Submissions to The Bulletin

Do you write poetry? Create art? Write lyrics? Or is there something else you'd like to share with fellow readers of The Bulletin?

We're looking for submissions focusing on strength and recovery. We welcome visual art/writing/photography/etc. for future issues of The Bulletin.

If you'd like to see your work published on these pages please get in touch with us and be sure to tell us how you would like to be credited.

csinfo@camh.ca

Consumer/Survivor Information Resource Centre
1001 Queen St. West c/o CAMH, The Mall
Toronto, ON M6J 1H4

Telephone: 416-595-2882

We'd love to hear from you!

CAREER DEVELOPMENT

Road to Employment: Pathways to Successful Careers

Are you ready for employment and interested in a career change? Hone your skills at these workshops presented by Houselink Community Homes.

416-516-1422 ext. 268 or angelaza@houselink.on.ca

Tuesday Workshops: 1:00 pm - 3:00 pm

Lillian H. Smith Library, 239 College St. Toronto

February 21—Where are the Employers?
presented by Sharon McBean - UofT,

February 28—City of Toronto Recruitment -
Elizabeth Freedman- City of Toronto Employment Services,

Wednesday Workshops: 1:00 pm - 3:00 pm

Bloor-Gladstone Library, 1101 Bloor St. W. Toronto

February 22—Where are the Employers?
Sharon McBean- UofT,

iMarketing Group Inc. Hiring Event

Thursday, February 23 11:00 am - 1:00 pm

YWCA Employment Centre, 3090 Kingston Rd. Suite 300 Scarborough

Looking for a job? iMarketing is looking to hire several call centre and customer service representatives immediately. If you are looking for a career with opportunities for growth and making a difference for a charitable cause then this hiring event is for you!

Send your résumé in confidence to linkstojobs@ywcautoronto.org to be considered for an interview. When registering, please include the name of the event..

*After an initial phone screening, only applicants who meet the minimum qualifications will be invited to be interviewed by the Employer.

To register, please call (416)269-0090

Please bring a copy of your résumé, dress for success, and be prepared to be interviewed on-site!

Open House at YWCA Employment Centre

Monday, February 27 at 9:30 am
3090 Kingston Rd. Scarborough

Our open houses are the first step in registering with the Centre. Join in for this free Information and Referral Session to learn about all of the exclusive job and training opportunities! Sessions are offered to all job seekers who are unsure about which employment and training programs may meet their unique job search needs.

To register, please call (416)269-0090

"The beautiful thing about learning is nobody can take it away from you." - B. B. King (musician)

Women Transitioning to Trades & Employment Program

This preparation for college and employment program helps women (19 +) and gender non-conforming people gain academic credits, introductory shop skills, and career exploration resources and supports. Learn more about the program by attending the information session

To learn more:

Wednesday, February 22, 11:00 am

Crossways Employment Services
2340 Dundas Street West
Suite 302 (at Dundas West subway)

For more information and to register please contact Ellen 416-338-2525

or register online at toronto.ca/ecportal
(search George Brown)

THINGS TO DO

For TTC Information call 416-393-4636 or visit the TTC website - www.ttc.ca

Bloor-Yorkville Icefest

Saturday, February 25, 12 Noon - 8:00 pm and

Sunday, February 26, 12 Noon - 5:00 pm

Free

The Village of Yorkville Park, 115 Cumberland Street and along Cumberland Street, Toronto

Celebrate winter with the 12th Annual Bloor-Yorkville Icefest taking place throughout the Village of Yorkville Park and surrounding area.

This year's theme will celebrate Canada's 150th Anniversary, transforming the neighbourhood into a magical showcase of 20,000 lbs. of crystal clear ice sculpted into majestic sculptures inspired by the celebration of Canada's Confederation. Visitors can expect a wide variety of spectacularly designed ice sculptures and family-friendly activities spread throughout the area, with a 'Celebrate Canada 150' ice sculpture exhibit located in the Village of Yorkville Park.

416-928-3553 • bybia@bloor-yorkville.com
www.bloor-yorkville.com/annual-events

Winter Stations

Monday, February 20, 12:00 Noon to

Sunday, March 26, 5:00 pm 24 hours,

Free

Lifeguard Stations, across Balmy, Kew and Ashbridges Bay beaches south of Queen Street East, between Woodbine Avenue and Victoria Park Avenue

Back by popular demand, the Winter Stations are coming to the Beach! For 6 weeks this winter, don't miss out on these wonderful, internationally designed art installations!

Winter Stations is an annual public art competition that challenges designers worldwide to reimagine Toronto's lifeguard stations as a basis for winter art.

No phone listed • info@winterstations.com
www.winterstations.com

Ice Breakers

Now through Sunday, February 26, 24 hours

Free

Winter Stations and The Waterfront Business Improvement Area (WBIA) converge on Toronto's urban Waterfront with Ice Breakers, a new temporary art exhibition.

Running from January 21 to February 26, Ice Breakers will feature five wintertime art installations located on Queens Quay from Harbourfront Centre to the Toronto Music Garden.

For more information and to download a map, please visit the website.

416-596-9821 • info@waterfrontbia.com
<http://www.waterfrontbia.com/event/ice-breakers/>

Lecture "Never stop fighting systemic discrimination" with Beverley Salmon

Thursday, February 16, 1:00 pm - 2:00 pm, Free
 Toronto Public Library, Downsview Branch -
 Program Room, 2793 Keele Street, Toronto

Beverley "Bev" Salmon is a co-founder of the Urban Alliance on Race Relations and the Ontario Human Rights Commission's first Black female commissioner. Salmon, a former Metro and North York Councillor, is currently pressing the Wynne government to support legal funding for the families of police shooting victims so they can have representation at inquests. A tireless fighter, she joined others in 2014 in calling for the Toronto Police to end the practice of racial profiling and carding. We look forward to hearing from this respected community elder, a woman who not only knows but has written Black history in Toronto.

Please call the Downsview Library at 416-395-5720 or drop by the information desk to register.

416-395-5720 • No email listed
www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT263368&R=EVT263368

5/7 Buck Lunch at Hart House

Tuesday, February 28, 11:45 am - 2 pm
Great Hall, Hart House, 7 Hart House Circle, Toronto
\$5 students / \$7 non-students

Join in for a tasty and balanced meal and experience the flavours and cultures of the world.

In partnership with FuelU, hosted by Positive Space, everyone that attends will go home with a copy of all of the recipes used and instructions to recreate the meal at home. All recipes will be easy and budget friendly.

416-978-8030 • healthask@mail.studentlife.utoronto.ca
www.harthouse.ca/events/5-buck-lunch-15/

Black Creek Community Farm Family Day

Monday, February 20, 1 pm - 3:30 pm, PWYC
4929 Jane Street, Toronto

Come out on Family Day to experience the farm's camp programs! Explore the forest, track animals in the snow, play predator prey tag games & warm up by the fire with some hot apple cider. Everyone is welcome, kids of all ages!

Please RSVP to bccfkidsprograms@everdale.org to say how many people will be attending.

416-393-6381 • bccfkidsprograms@everdale.org
www.blackcreekfarm.ca/?event=family-day&event_date=2017-02-20

Afternoon at the Movies - Black History: Motherland

Thursday, February 23, 2:00 pm - 4:15 pm, Free
Toronto Public Library, Barbara Frum Branch - Room B, 3rd Floor, 20 Covington Road, Toronto

Beautifully crafted and breathtaking in both scope and impact, it's Africa as it has never been seen before! Motherland is considered to be the African Holocaust, the best documentary on Africa ever done as it tells the story of an entire continent. For all ages.

416-395-5440 • No email listed
www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT266848&R=EVT266848

Bob Marley Tribute Featuring Lazo and Guests

Sunday, February 26, 3:00 pm - 5:00 pm, Free
Hart House, in the Great Hall,
7 Hart House Circle,

Join in for a Sunday afternoon of music in celebration of the music of Bob Marley. Dominican born Lazo Jno Finn is a Juno Award winning artist/musician and performer. It's easy to see why he's been a fan favourite and festival staple for the past 20 years at London, Ontario's Sunfest every year. Lazo has recorded several albums and has toured as part of the legendary Wailers in South America and other locations.

Back by popular demand, this Bob Marley tribute will feature all the hits you know and songs you will grow to love performed by Lazo and a stellar line up of musicians and back up singers. 36 years after his death, Bob Marley remains one of the most influential and recognizable artists globally of all time and his legacy remains on music charts all over the world.

416-978-7758 • www.harthouse.ca/events/sunday-concerts-lazo-and-guests/

Want to see something in The Bulletin?

We'd love to hear from you! Have your say and drop us an email: csinfo@camh.ca or call us: 416-595-2882 or write to us: Consumer/Survivor Information Centre of Toronto, 1001 Queen St. West c/o CAMH, The Mall Toronto, ON M6J 1H4

Toronto Light Festival

On now until Sunday, March 12, Free
 Sunday to Wednesday, Sundown to 10:00 pm;
 Saturday, Sundown to 11:00 pm
 The Distillery Historic District, 9 Trinity Street, Toronto
 Art becomes light art when light forms the primary means or medium of expression. The Toronto Light Festival is a new visual journey and an imaginative cerebral adventure.

During the cold, dark days of winter, city residents will be drawn out of their traditional indoor habitats to experience Toronto in a way they never have before. The Festival exhibits the creativity of local and international artists and is a winter experience designed to entertain and inspire.

Phone not listed • info@torontolightfest.com
www.torontolightfest.com

Classical Instrumental Concert

Monday, February 27, 12:30 pm - 1:30 pm, Free
 York U, Tribute Communities Recital Hall,
 112 Accolade E. Bldg., 83 York Blvd. North York

Music at Midday series presents a recital featuring student soloists in the classical performance program.

647-627-1306 • jkaracs@yorku.ca
www.music.ampd.yorku.ca/events

Subscribe For Free!

To subscribe to The Bulletin call The C/S Info Centre at 416-595-2882 or email us at csinfo@camh.ca.

The Bulletin is free to receive. If you do not have email, you can also receive it by regular mail through the generous support of the Centre for Addiction & Mental Health (CAMH).

You can also follow us on:

Facebook: facebook.com/csinfocentre

Twitter: twitter.com/CSInfoCentre

Where we post even more information and resources.
 All previous issues are available on our website: www.csinfo.ca

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Heritage Monthly Antique Market

Sunday, February 26, 9:00 am - 5:00 pm, Free
 Cloverdale Mall, Dundas Street & Hwy 427, Etobicoke
 A monthly Antique Market featuring dealers from across Ontario and Quebec selling art, vintage clothing and accessories, pottery, china, silver, etc...

Being held one Sunday every month gives collectors, shoppers & designers a consistent source of quality Antique merchandise ranging in styles from the oldest 19th century Georgian & Victorian designs to the vintage styles of the 1950's & 60's.

416-483-6471 • info@heritageantiqueshows.com
www.heritageantiqueshows.com/cloverdale.html

Family Day @PawsWay

Monday, February 20, 11:30 am - 5:00 pm, Free
 Purina PawsWay, 245 Queens Quay West, Toronto

Celebrate Family Day at Purina PawsWay with performances by the Woofjocks Canine All-Stars at 12:00 pm, 1:30 pm and 3:30 pm.

Winter funderland activities include special games, crafts and activities for the whole family, pets included!

416-360-7297 ext. 230 • info@pawsway.ca
www.pawsway.ca/calendar/

Disclaimer:

The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, CAMH, C/S Info Staff, Volunteers or Board Members.

From the C/S Info Bulletin Team and all of our wonderful volunteers: Jacqueline, Randi and Martha (the computer gal)!

Go green; get The Bulletin by email!

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