
 RESOURCES FOR CONSUMERS/SURVIVORS / SERVICE USERS/ MORE in TORONTO AREA

Sound Times Support Services

280 Parliament Street, Toronto ON, M5A 3A4

NEW EMAIL • bulletin@soundtimes.com WEBSITE • www.soundtimes.com/bulletin

June: Victories and losses. Substances.
Housing. Street Soccer. Elections.



Empowerment Council. Community in
action. Advocate. Pride.

We would love to hear from you to focus
the future of the Bulletin: Email:
bulletin@soundtimes.com

And fill out the **survey** at
soundtimes.com/bulletin.

Add **events** [http://soundtimes.com/
events/community/add](http://soundtimes.com/events/community/add)

Our Mission is evolving

*The Bulletin will spark dialogue and
share information and resources by and
for the consumer survivor community.
This community includes people with
mental health, addiction issues and/or
experiences of mental health and addic-
tions systems.*

Speech by Frank Crichlow

**Harm Reduction Worker, and Board Member of
Canadian Association of People who use Drugs
(CAPUD) Ontario.** *Reprinted with permission 2018*

I would like to start with a quote - "what we do for
ourselves dies with us, but what we do for others and
the world remains and is immortal" -Albert Pine.

My name is Frank Crichlow. I am a former civil service
employee with the Ministry of transportation in the



legal department. I now work in the CounterFit harm
reduction program at South Riverdale Community
Health Centre as a Harm Reduction Worker. I didn't
choose harm reduction, harm reduction chose me. I am
a drug user with many friends who also use drugs. I first
began as a volunteer at South Riverdale and was then
hired as a worker. I have now worked at South
Riverdale for 12 years and live in the community.

I have been asked to speak to you today about the
impact of our drug laws on people who use drugs, in
particular on racialized communities.

...Frank Crichlow Speech 2018 cont'd

Our response to drugs and our drug policies has very little to do with the "dangers" of any drugs themselves. The way we view police and treat drug users has always and continues to be based largely on fear and on political or economic gains.

An American academic author, Michele Alexander, argues that the current War on Drugs is nothing less than a continuation of the race war by other means. She describes how our current drug law's stem not only from racist bias but are unequally enforced. In addition they then reinforce the poverty of black Americans by excluding by excluding them from jobs, student loans, public housing and even food stamps.

The situation is not much better in Canada.

In Toronto, black youth are 3 times more likely to be stopped by the police than non-black youth (Policy Accountability Bulletin, May 2014) and the proportion of young black inmates in Canada has spiked recently.

10% of inmates are black, although they only make up 2.5% of the Canadian population (2013 stats). Aboriginal men and women are also over represented in the prison system. And these arrests or imprisonments are justified largely in the name of drug policies.

Further, poor people are more likely to be targeted and more harshly punished for their drug use.

If you are wealthy it is very easy for your drug use to go undetected. If you are poor, especially if you are homeless or live in social housing, it is very difficult to not come to the attention of the police before too long. And remember that research such as "The Colour of Poverty" report has shown us that people of colour are more likely to be poor in Toronto.

The stigma around drug use in the black community is very high - especially for women who have kids. Because drug use is criminalized and stigmatized, women are afraid to reach out for help and

support, and worry about having their children taken away by the Children's Aid Society. The stigma around drug use makes people feel like a disgrace to their family and friends, and keeps them from reaching out for support. Strong feelings of pride also prevent people from accessing harm reduction services and programs that can help them. Black men who do access harm reduction services are typically already socially isolated so they no longer have those same family concerns. Strong feelings of pride also prevent people from accessing harm reduction services and programs that can help them. Black men who do access harm reduction services are typically already socially isolated so they no longer have those same family concerns.

The way that we are handling the overdose crisis

is also a big problem. When you call 911 for help in an overdose, the police still come. And we hear stories all the time of people being searched and harassed by the police when they were just trying to get help for friends and family members. Fears of eviction mean that people

avoid calling 911 at the scene of an overdose in low-income housing. How can someone feel safe enough to call 911 when they might be homeless if they do?

People who use drugs are forced into situations nobody should ever have to experience. We call it being "poisoned by policy".

Sentencing differences for white men and black men are another example. We see black and aboriginal peoples over represented in Canada's prisons. Crack possession can get someone far more prison time than cocaine. For what reason?

They're the same drug.

But black communities are targeted for selling crack.

White people face fewer legal consequences for cocaine possession.more next page



...Frank Crichlow Speech continued...

In closing I would like to add that we need to ensure the voices of current and former people who use drugs are heard and are not front and central when the government makes public policy. I am a board member for the Canadian Association of People who use Drugs (CAPUD) for the Ontario region. CAPUD is a national drug user's Union focused on increasing the human rights of people who use(d) drugs. We are activists, first and foremost, fighting for our lives during a overdose epidemic. Our board of directors is made up entirely of current and former people who use drugs. CAPUD has grown over the years by being attentive to issues raised by our membership, and by focusing on ending the war on drugs. One of the strongest steps we can take to address the overdose crisis is to decriminalize drug use, and start looking at how to build better drug policy.

Thank you kindly.

2018 Reprinted with permission from Frank Crichlow, Harm Reduction Worker, Board of CAPUD for the Ontario Region.

Opioid overdose deaths surpass 1,200 in Ontario for 2017, new data show

May 27, 2018 Kieran Delamont, Ottawa Citizen <http://ottawacitizen.com/news/local-news/opioid-overdose-deaths-surpass-1200-in-ontario-for-2017-new-data-show>

There were 1,261 overdose deaths in Ontario last year, compared with 867 in 2016, according to the preliminary data.

Overdose deaths in Ontario related to opioids increased by 45 per cent in 2017, the data show.

Prison Needle Exchange—First Steps

May 14, 2018 — Today, Public Safety Minister Ralph Goodale and Correctional Services Canada (CSC) Interim Commissioner Anne Kelly quietly announced a prison needle exchange program (PNSP) to be implemented in two federal prisons. Many prisoners, public health experts and advocates, including the Canadian HIV/AIDS Legal Network, have fought for more than 20 years for prisoners to have access to these types of vital health programs in Canada's prisons.

<http://www.aidslaw.ca/site/advocates-welcome-major-concessions-in-government-of-canadas-prison-needle-exchange-announcement/?lang=en>

Did you know? You can get Naloxone for free from most pharmacies (with health card) and at mental health and addiction agencies.

- Safe injection sites: **Toronto Public Health (The Works)**, Queen West-Central Toronto Community Health Centre, South Riverdale Community Health Centre. Fred Victor at 45 Queen Street location.
- **Moss Park Overdose Prevention** site by the [Toronto Overdose Prevention Society](#),
- **Kensington Market** - St. Stephen's Community House 260 Augusta Ave (416) 964-8747.
- **Regent Park Community Health Centre**, Dundas St East 416-203-4506). Expanded

hours:

Monday: 9:30am to 6:30 pm

Tuesday: 12 pm to 6:30 pm

Wednesday: 9:30am to 6:30 pm

Thursday: 9:30am to 6:30 pm (*Only women identified and trans people may access the OPS on Thursdays)

Friday: 9:30am to 4:00 pm

**WE'RE ALL
GOOD
SAMARITANS.
CARRY
NALOXONE AND
SAVE A LIFE.**



Moments in C/S Bulletin History

Bulletin 301, June 1st, 2005 : **Personal Medicine**
Helen Hook:

One of the things that really struck me at the Pat Deegan event was how many people stood up and argued with her that it wasn't a good thing to go off your meds. Funny thing was, Pat never said go off your meds. And her answer to anyone with that kind of remark/ challenge/question was always the same, "I don't tell people to start taking psychiatric medication and I don't tell them to stop taking it." ...

Laughter, food, sex, exercise,
meditation, they all change our
biochemistry. Who is to say
what is medicine? Pat Deegin

... She talks about finding your own personal medicine, and by that she means whatever makes you feel well, challenged, intrigued, soothed, comforted, fulfilled, content with your life, a sense of mastery, self-esteem, like you have a purpose, a reason to get up and a reason to live.—H. Hook

So what do you think in 2018?

Q 1: Do you choose or have control over taking drugs? Control could include knowledge, understanding, relationships, support, sufficient money and time.

Q 2: Do you see medicine as pills and injections? medical? Could medicine include other substances, tools, treatments, connections, supports?

Drug discussions will continue...

....as part of C/S History.

Why Basic Income Is a Mental Health Issue

Canadian researcher Dr. Evelyn Forget says guaranteed income “works as an antidepressant.”

In [its official statement for World Health Day](#) last year, the UN explained that we need to move from “focusing on ‘chemical imbalances’ to focusing on ‘power imbalances.’”

... the World Health Organization, the leading medical body in the world, has explained: “Mental health is produced socially. The presence or absence of mental health is above all a social indicator and requires social as well as individual solutions.” In reality, depression



and anxiety are produced by a broad range of factors. Some are biological—but many are social and psychological.

https://www.vice.com/en_ca/article/a3akm4/why-basic-income-is-a-mental-health-issue

Johann Hari is author of [Lost Connections](#).

What can I do if my landlord doesn't use the standard lease form?

<https://stepstojustice.ca/common-question-step/4-if-you-agreed-fixed-term-decide-if-you-want-move-out-early>

Figure out if your landlord is supposed to give you a standard lease. Not required for the following:

- public or [subsidized](#) housing
- mobile homes or [land lease homes](#)
- [housing co-ops](#) ([link is external](#))
- [subletting](#)
- [care homes](#), for example, retirement homes

Starting April 30, 2018 landlords of most private market rental units will be required to use this form (lease) when they enter into a tenancy with a tenant.

Contact the [Landlord and Tenant Board](#) by calling 1-888-332-3234 to learn more about your rights and responsibilities under the RTA.



For questions or comments about the standard lease form, including how to fill it out, contact our [Residential Tenancies Unit by e-mail](#) or call 416-585-6528.

[More information and a link to the lease template](#) <http://www.mah.gov.on.ca/Page18704.aspx>

If you signed a [tenancy](#) agreement that was not on the standard [lease](#) form, or if you made a verbal or unwritten agreement with your landlord, you can still ask the landlord to give you a lease on the standard form.

When you make this request **in writing**, the law gives you certain rights, possibly including withholding rent or moving out, if the landlord does not provide a standard lease. And even after receiving the standard lease, you can .

Stream the Right to Housing Summit

Everyone should have a right to safe, adequate and affordable housing.

On April 30, 2018, ACTO and housing advocates organized the Right to Housing Forum. Panelists discussed solutions to Ontario's affordable rental housing crisis and what the right to housing should look like in Canada: <https://www.acto.ca/take-action/right-to-housing/>



Live Stream:
Mon. April 30th, 1:00pm - 3:00pm

Provincial Election 2018—June 7

How can you vote?

1. Voter ID Card + ID with name

You can vote in person on election day from 9:00 A.M. to 9:00 P.M. (Eastern Time) at your assigned voting location.

2. If you are **not** on the Voters List, bring one

piece of identification that shows both your name and current residential address.

You can use an original identification document, a photocopy of an identification document, or an electronic copy displayed on a mobile device. This includes utility bills received electronically. Photo ID is NOT required.



- Ontario driver's licence
- Ontario photo card
- Ontario motor vehicle permit
- Statement of government benefits
- CNIB ID
- Band council identification



- Bank statement
- Credit card statement
- Loan statement or agreement



- Utility bill
- Cell phone bill
- Insurance policy or statement
- Hospital record or document
- Residential lease
- Mortgage agreement or statement
- Cheque stub, T4 slip or pay receipt



- School admissions letter
- Transcript or report card
- School tuition or fees statement

Accessibility

What if I need help to vote?
Learn more about the accessibility of your voting location at elections.on.ca.

⇒ Service animals are allowed. You may bring a family member, friend, or support person, or ask a poll worker to help you vote. You will both be asked to declare that

assistance is needed and that your vote will be kept secret.

⇒ You can also get tools and services such as: • voting instructions in over 30 languages, • magnifying sheets, • a Braille template for your ballot, \$ for a registered sign language interpreter or intervenor.

People with money and houses vote and politicians have to listen...

So would increased voting by survivors mean that politicians would listen to us too?

You can vote for the Provincial Government on June 7.

For your information==>

Who should I vote for?

You can check out the platforms of the candidates and the parties.

Many organizations prepare kits, reports, report cards, and surveys to collect answers about certain issues. This election was more difficult because the Progressive Conservative party did not prepare a platform.

The Income Security Advocacy Centre, which organizes around ODSP and OW has collected many of these kits

<http://incomesecurity.org/policy-advocacy/election-2018-tools-that-you-can-use/>

- [Our “Fast Facts” \(click here\)](#) / [Notre « Faits saillants – Pauvreté et aide sociale » \(click here\)](#) gives you stats on poverty and social assistance, in your community and beyond, that you can use to:
- \$15 and Fairness: [15 and Fairness – Questions – Election 2018 \(click here\)](#)
- ACTO – Housing: [ACTO – Elections Q Housing \(click here\)](#)
- Canadian Mental Health Association: <https://erasethedifference.ca/wp-content/uploads/2018/05/Housing-Toolkit-Final.pdf> (click here)
- ISARC (Interfaith Social Assistance Reform Coalition): <http://isarc.ca/> (click here)
- Legal Aid and Legal Clinics: [Ontario Election – Legal Aid and Legal Clinics \(click here\)](#)
- Making Voices Count: <http://www.makingvoicescount.ca/> (click here)
- Niagara Poverty Reduction Network / Wipe Out Poverty: <https://www.wipeoutpoverty.ca/>



- [elections2018 \(click here\)](#)
- No Health Without Mental Health: [Ontario Mental Health and Addictions Alliance – 2018 Election one pager \(click here\)](#)
- Ontario Campaign 2000: <https://ontariocampaign2000.ca/2018-ontario-election-resource-kit/> (click here)
- Ontario Coalition for Better Childcare: http://www.childcareontario.org/election_campaign_toolkit (click here)
- ODSP Action Coalition: [ODSP Action Coalition – Election 2018 – Key Messages \(click here\)](#)
- Ontario for All: <https://ontarioforall.ca/> (click here)
- Ontario Non-profit Network: <http://theonnn.ca/our-work/election2018/> (click here)
- Real Health Care for Injured Workers: [Real Healthcare for Injured Workers – Question for candidates – Election 2018 \(click here\)](#)
- Social Planning Toronto / Democratic Engagement Exchange / Apathy is Boring: <http://www.apathyisboring.com/vote> (click here)
- Voices of Scarborough / Power in Community: <https://voicesofscarborough.tumblr.com/> (click here)
- Workers Comp is a Right: <http://injuredworkersonline.org/workers-comp-is-a-right-campaign> (click here)

AND Reports:

[Colour of Poverty / Colour of Change Racial Justice Report Card](#)
[Health Providers Against Poverty: Poverty & Health Report Card](#)
[Workers Comp is a Right: Party Responses](#)

... the Provincial Election is just the beginning!

The City Election for Mayor and city council is October 22

<https://myvote.toronto.ca/home>— find out who is running for mayor and council in your ward

You can check whether you are on the list voterlookup.ca

Accessibility is important to include all voices. This includes instructions for registration and voting. The layout, clarity, word selections and formats of forms and websites. There are opportunities for the survivor community to influence the accessibility measures for the election. We have the right to vote and the right to access that vote (understand, communicate, not be barred from voting, voting location etc.): <https://www.toronto.ca/city-government/elections/general-information/election-accessibility-plan/>

The city also has a “Candidates’ Guide to Accessible Elections” and resources to ensure that Candidates with Disabilities are able to participate.

The city is responsible for garbage, zoning and licensing (including rooming houses), shelters, police, streets, and more.

ANTI-RACISM ADVISORY PANEL (ARAP)

ARAP will be mandated to advise the Toronto Police Services Board with respect to its role in overseeing and monitoring the response to and

implementation of the recommendations directed both to the Toronto Police Service and to the Toronto Police Services Board, by the jury in the Inquest into the Death of Andrew Loku.



The committee should consider the intersectionality of mental health and race both in terms of member composition and issues to

be addressed.

[Click here to apply.](#)

An emphasis will be placed on applicants with a background in anti-racism, anti-Black racism, mental health and addictions, as well as those who have familiarity with the issues raised at the inquest into the death of Andrew Loku.

http://tpsb.ca/index.php?option=com_content&view=article&id=76

NOTE: IF YOU WISH TO SUBMIT YOUR FILE BY MAIL, SEND TO:

Toronto Police Services Board
40 College St. 7th floor
Toronto, ON M5G 2J3

All applicants should mark the correspondence as follows:

re: ARAP to the attention of Sandy Murray .

This Muslim youth help line received 2,000 Ontario calls last year

Hala Ghonaim · CBC News · Posted: May 27, 2018

Naseeha — meaning 'advice' in Arabic — received about 2,000 calls from Ontario residents in 2017. Overall, there were 18,000 calls made.

"We're there not to provide any type of judgment, not to give any opinions from our own selves, or what we believe the religion may or may not say about it. We're there for them to provide them support through what they're struggling with," she said.



From the Naseeha website: <https://naseeha.org/how-we-help/>

Telephone: 1 (866) 627-3342
Available Mon – Fri (6PM – 9PM EST).
We are #HEREFORYOU

Peer-to-Peer Support

Naseeha provides an anonymous, non-judgemental, confidential and toll-free peer support helpline to listen to and be there for youth experiencing personal challenges and to support them in working through those challenges. Our peer support cover topics such as Drugs and Alcohol, Bullying, Religion, Marriage and Divorce, Domestic Issues, Pornography, Mental Health, Bullying, Depression, Career or Work related issues.

Launch of The Unexpected Sky

- Thursday, June 21, 2018
- 6:00 PM 9:00 PM

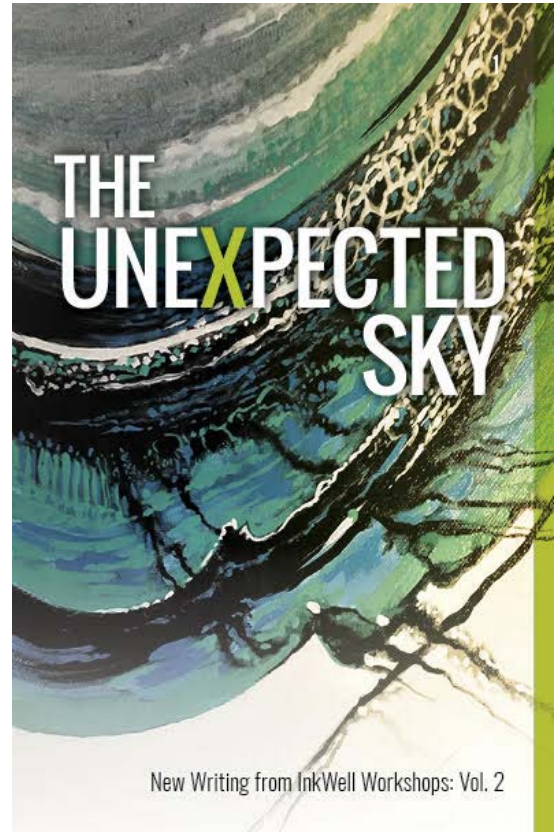
Friends House 60 Lowther Avenue Toronto, ON, M5R 1C7

Free entry. Light refreshments will be served. All are welcome.

Join InkWell Workshops for our second annual book launch and fundraiser, complete with readings, live music, and door prizes!

The Unexpected Sky is an exciting gathering of poetry, fiction, and memoir writing by 21 local writers with lived experience of mental-health and addictions issues.

All proceeds from book sales and donations will go to supporting InkWell's programming.



We strive to create a friendly, inclusive vibe at all of our events. InkWell does not tolerate any form of harassment or discrimination. Our venue is wheelchair-accessible and smoke- and alcohol-free with gender-neutral washrooms. Please help us maintain an accessible space by refraining from using scented products. Free parking is available on-site off Bedford Rd. and an accessible TTC station (St. George) is two blocks away. Service animals are welcome.

For more information about accessibility, our anti-discrimination policy, or with any other questions, please contact us at info@inkwellworkshops.com.

THE EMPOWERMENT
COUNCIL

ANNUAL GENERAL MEETING

2018

JUNE 13, 5:30 PM
1001 QUEEN ST. W.
COMMUNITY CENTRE,
TRAINING ROOM A

For further information or to RSVP contact Beth
@ beth.jacob@camh.ca or (416) 535-8501 x36837

Dinner and Transportation subsidy provided

And Stay Tuned: **INFORMATION WORKSHOP JUNE TBD**

Electronic Health Records

An electronic health record, or electronic medical record, is the collection of patient health information in a digital format. Electronic E Health records can be shared across different health care settings

The Empowerment Council will be holding a workshop on the transition to E-Health where we will cover topics like:

- Where are your health records and how do you access them?

- What are some of the privacy concerns that you should be aware of?
- What if I disagree with what is in my record?
- What are my rights?
- What is the Patient Portal?

All consumer/survivors/service users interested in attending should pre-register by emailing lucy.costa@camh.ca or calling 416-535-8501 ext. 33013
<https://www.facebook.com/The-Empowerment-Council-A-Voice-for-the-Clients-of-CAMH-231339997025017>

A promotional poster for Street Soccer Toronto. The background is a vibrant green grass field with a blue curved path. In the top left, a soccer ball is shown in motion with a yellow and green energy trail. In the center, a large soccer ball is prominently displayed. To the right, a circular inset shows a player in a black and white uniform kicking a ball. The title 'Street Soccer Toronto' is written in large, bold, white letters at the top. Below the title, on the left, is a paragraph of text. On the right, a blue box contains the text 'SIGN UP NOW' and details about the event, including dates and times.

Street Soccer Toronto

Bring a team, bring a friend, bring yourself. We provide a friendly and inclusive place where people can kick a ball and have fun. All levels of players welcome.

SIGN UP NOW

All you need to do is show up to Riverdale East Park just south of Danforth and Broadview on the following dates:
June - 2, 9, 16, 30, July 14, 21, 28.
All games 12:00 pm - 4:00 pm

Find more information on Facebook <https://www.facebook.com/streetsoccertoronto/> You can also find highlights from the Homeless World Cup. We may also have walking football (All the kicking without the running).

ALL welcome you can come as an individual or a team. No expertise or fancy shoes required!

Events

June 11 2018 (Monday)

The Hip: More than a Band with Michael Barclay

Acclaimed musical journalist Michael Barclay on the first print biography of The Tragically Hip, The Never-Ending Present, the band's impact on Canadian culture and Gord Downie's role in reconciliation with Indigenous people. Q&A and book signing to follow.

Books available for purchase courtesy of Glad Day Bookshop.

At: 789 Yonge St (north of Bloor St)
Toronto Reference Library – Beeton Hall

Time: 7:00 p.m. - 8:00 p.m. 416-395-5577

June 13

SEX, STIGMA, AND HEALTH CARE SYSTEMS

Courtyard by Marriott Porter Room 475 Yonge St. Informal community consultation for guys into guys investigating experiences with accessing mental health, addictions, and medical services. ASL / ALL-GENDER / ALL AGES Pride Community Event

Courtyard by Marriott Porter Room 475 Yonge St. 6:30-9:30

June 14 2018 (Thursday)

The Power of the Pen

What does your handwriting say about you? Come prepared to laugh and learn during Elaine Charal's 'Power of the Pen' talk. Discover how to communicate even more effectively with co-workers, family and friends through knowing what the strokes of handwriting mean. Everyone will learn about their strengths as reflected in the 'paper mirror' of their handwriting. Elaine will be available to do individual brief handwriting analyses after her talk. Space is limited.

Please call 416-394-5300 to register.

June 15 2018 (Friday)

Nourish Your Mind, Body and Spirit

Connect with your inner power and take charge of your well-being by using strategies and tools from Susan Sommers, author of Love your Body, Embrace your Life! Learn how to transform your lifestyle, increase your motivation, set goals, commit to daily self-care and spiritually routines, create an Action Plan, overcome obstacles, and celebrate your success. self-care and spiritually routines, create an Action Plan, overcome obstacles, and celebrate your success.

Register for this program in person in the branch or by calling 416-393-7730.

At: 3083 Yonge St (@ Lawrence Ave) Locke Library
Time: 2:30pm – 3:30pm 416-393-7730

Allan Gardens Conservatory

Allan Gardens Conservatory is a major landmark and tourist attraction in downtown Toronto. Its historic, cast-iron and glass domed "Palm House" was built in 1910 and is designated under the Ontario Heritage Act. A botanical gem in the heart of the city, Allan Gardens has a permanent collection of exotic plants and beautiful seasonal flower shows



At: South side of Carlton Street between Jarvis and Sherbourne St

Time: 10:00am – 5:00pm **Phone:** (416) 392-7288

Riverdale Farm

Tour the Farm's scenic 7.5 acres along pathways through wooded areas, around ponds, and into butterfly-herb-flower-vegetable gardens. Visit the farm animals and chat with the farmer during daily chores. Riverdale Farm is located in a park setting in the heart of the downtown community of Cabbagetown. Admission is free and parking is only available on neighbouring city streets.

At: 201 Winchester St (3 blocks east of Parliament St & 3 blocks north of Gerrard St) 9:00am – 5:00pm

Events

Every Tuesday & Thursday

Mindfulness And Zen Meditation

These sessions are open to everyone: we welcome all religious and ethnic backgrounds, and gender identities and expressions. We respect all spiritual types and sensibilities, from those who simply want to achieve deep relaxation, manage stress, anxiety, and depression, to those who walk the path of spiritual growth.

All levels are welcome. This is a judgement-free, non-competitive environment.

At: 320 Richmond E #101 (@ Sherbourne St) *Centre Place* **Time:** 6:00pm – 7:00pm
647-348-7755

June 21 2018 (Thursday)

Movies in St. James Park – Pride Community Event

Drag Queen Show @ 8pm on the Gazebo Stage! Followed by film *Kissing Jessica Stein* @ 9pm.

At: 120 King St E (@ Jarvis St) *St. James Park*

Time: 8:00pm – 11:00pm 416 410 9242

Website: <https://oldtowntoronto.ca/events/2018-06/>

June 26 2018 (Tuesday)

Adult Afternoon Movie: Lady Bird

Join us for a free afternoon movie. Drop in.

Christine Lady Bird McPherson (Saoirse Ronan) fights against but is exactly like her wildly loving, deeply opinionated and strong-willed mom (Laurie Metcalf), a nurse working tirelessly to keep her family afloat after Lady Bird's father (Tracy Letts) loses his job. (Length: 93 minutes Rating: R)

At: 370 Broadview Ave (@ Gerrard St) *Riverdale Library* **Time:** 2:00pm – 4:00pm

And of course Pride Month Weekend:

June 1-24 2018

Trans* March—June 22

#TRANSMARCHTO #TRANSPRIDE #STANDFORTRANS
Trans women of colour and people with different abilities are encouraged to lead the march and set the pace for all. Start: 7:00 Church and Hayden. Finish at Allan Gardens where we host a fantastic lineup of trans performers for a post-March showcase until 10PM.

Dyke March —June 23

The Toronto Dyke March is a political demonstration of critical mass, welcoming all self-identified dykes to create political and visible space. This grassroots event is not a parade. The women and trans people of our dyke community take over the streets of downtown Toronto to celebrate our power, strength, diversity and passion of dyke experiences and identities. Start: 1:00 at Church and Hayden, march at 2:00.

Pride Parade—June 24

Stand loud and proud with more than 120 groups marching in Pride Toronto's Pride Parade, one of the largest in North America.

The procession starts at 2pm at the corner of Bloor and Church and stomps its way down Yonge Street to the Dundas Square stage.

Starts At: Bloor and Church and stomps its way down Yonge Street to the Dundas Square

Time: 2:00pm **Website:** <http://www.pridetoronto.com>

Indigenous History Month Celebration—June 27, 2018

This year we have an exciting line-up of entertainers as well as all day Kid's Arts & Crafts Tent, craft vendors exhibiting and selling their wares and Indigenous agencies showcasing what they are doing in the community.

At: 1 Dundas St E (@ Yonge St) *Yonge Dundas Square*

Time: 12:00 - 8:00 (416) 964-9087 ext.339 **Website:** <http://ncct.on.ca/aboriginal-history-month-celebration>

Looking for Resources in the Regent Park and Moss Park area?

Check out the resource booklet prepared by Regent Park Community Health Centre in the electronic version of the Bulletin (soundtimes.com/bulletin OR www.regentparkchc.org)



COMMUNITY RESOURCES

JUNE 2018



Subscribe For Free!

To subscribe / contribute to The Bulletin email us at bulletin@soundtimes.com or visit

Soundtimes.com/bulletin

The Bulletin is free to receive.

You can also follow us on:

Where we post even more information and resources.

All previous issues are available on our website:

www.soundtimes.com/bulletin.

The Bulletin is published on the 1st of every month by Sound Times Support Services. Funding for this Consumer/Survivor initiative has been provided by the Toronto Central Local Health Integration Network (LHIN).

Call for participants: Public interest inquiry into racial profiling and discrimination by the Toronto Police

If you, or someone you know, would like to take part, contact our team at legal@ohrc.on.ca or 416-314-4547 by June 30, 2018. Follow, share and engage with us and use [#TruthBeforeTrust](https://twitter.com/TruthBeforeTrust).

<http://ohrc.on.ca/en/public-interest-inquiry-racial-profiling-and-racial-discrimination-tps>

Computer Help!

Martha Gandier (gandier47@hotmail.com) offers fellow consumers/survivors free over-the-phone or remote online computer advice and support.



Online Document Readers

((If you would like to hear The Bulletin, below you will find links to websites that can do that for you))

<https://www.naturalreaders.com/>

<http://ttsreader.com/>

Disclaimer:

The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, Sound Times Support Services Staff, Volunteers or Board Members.

Go green; get The Bulletin by email!

Supported by:

