

Sound Times Support Services

280 Parliament Street, Toronto ON, M5A 3A4

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

July: Sun, Research, Deportation,
Outdoor survival, ACORN, Pet Help, Mad
Pride, Housing, Resources (Image—
[@henrythecoloradodog](https://www.instagram.com/henrythecoloradodog) on Instagram
below)

Got August events? Tell us by July 25.



Greet us: bulletin@soundtimes.com

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

Mission—activate resources

*The Bulletin will spark dialogue and
share information and resources by and
for the community of consumer survivors,
users of substances, service users, people
with lived experiences of addictions and
mental health crisis, issues and systems.*

Now monthly

Summer and Psych meds

If you are using psych meds (and lots of other medications), you may want to ask your pharmacist about sun and heat sensitivity and danger. Stay hydrated and cool. This is easy when you have housing, healthy drinks, and a fan. If these are more difficult then try to plan ahead and have backups for cooling centres, agencies, friends, community spaces. Toronto Public Health:

◇ [Beat the Heat - Tips on how to stay cool and prevent heat-related illness.](#)

- Keep blinds or drapes closed to block out the sun during the day
- Make meals that don't use an oven, especially if you don't have air conditioning
- Unplug electronics and turn off lights when not in use
- **Use fans properly:**
- Place fans in or next to a window to bring in the cooler air from outside
- Place a bowl of ice in front of fans to cool air
- ◇ Do not use fans when the temperature in a room is 34 degrees Celsius or higher. —TPH website

And heck, City Hall is cold and open from 7:30am-9:00pm! Pro tip: if you are taking lithium, drink water and be careful about drinking too much of electrolyte



Moments in C/S Bulletin History

Bulletin 302 June 15th; 303 July 1st, 2006: **Responses to Research Ethics Dilemma**— *CSInfo* was trying to decide whether to include research announcements

Helen Hook:

Issue 302: I am really torn about putting announcements in. I don't want to use the Bulletin as a vehicle for us to be used as subjects or guinea pigs in yet another research project that may end

Research studies: Are we research guinea pigs or drivers of research ... or do we just need to know about research opportunities?

up being used against us. There's the danger of people seeing an implied stamp of approval simply because the request was in the Bulletin. So, in the issues that I have put together alone, usually there are no announcements.

...
Issue 303: Most people were in favour of putting the announcements in, but with some kind of statement that the Bulletin and the C/S Info Centre were not endorsing the studies listed. Some people just quietly made the point that the decision was up to the individual involved, and said post the announcements and let the person reading them decide. Others though, were vehement in their assertions that they should be there because of freedom of information, or on the other hand, that they shouldn't be there and we'd be capitulating to the system if we put them in. ...

What does that mean for the Bulletin in 2018?

We will include calls for studies by "peers", and people with lived experience (PWLE) that focus on learning and building community. We would like to share the results of studies as well. We are also inviting readers to participate in consultations about public policies that relate to the interests and needs of survivors.

Do you have topics that you think need to be studied more? Examples of research + production by survivors include [Clearing a Path: A Psychiatric Survivor Anti-Violence Framework](#), and [Key Practices for Community Engagement in Research on Mental Health or Substance Use](#)



Source: Nature 29 March 2013 <https://go.nature.com/2KpfHNd>

..stay tuned for more moments in C/S History

Deportation, detention children ... survivors

In the US and Canada (and Sweden), we see examples of children, immigrants and refugees who are caught in systems that cause and increase mental distress. Survivor-analysis would be that the detention context causes trauma that will require drugs and institutionalization later.

Migrant Children may be receiving psych meds

Even before the [executive order Donald Trump signed](#) at one facility, children recounted being held down for forcible injections, which medical records show are powerful antipsychotics and sedatives.

Canada and Ontario detain immigrant children



Hanna Gros, author a [2017 study of Canada's child detainment](#). Children can end up housed in detention in order to accompany their detained parents.

The international community has been clear on the fact that children should not be in detention. It is always a violation of their human rights.

The mental health evidence is clear that even brief periods of detention or family separation can have lasting and huge consequences for children's health and well-being. We've seen children deteriorate even after being detained for 48 hours.

<https://www.ctvnews.ca/canada/does-canada-separate-migrant-families-or-detain-children-1.3982334>

The Trauma of Facing Deportation

In Sweden, hundreds of refugee children have fallen unconscious after being informed that their families will be expelled from the country. Rachel Aviv

Uppgivenhetssyndrom, or resignation syndrome, is said to exist only in Sweden, and only among refugees. The patients seem to

have lost the will to live. "They are like Snow White," a doctor said. "They just fall away from the world." ...The patients have no underlying physical or neurological disease, but they seem to have lost the will to live. The Swedish refer to them as *de apatiska*, the apathetic. "I think it is a form of protection, this coma they are in," Hultcrantz said. "They are like Snow White. They just fall away from the world."

... Every culture possesses what Edward Shorter, a medical historian at the University of Toronto, calls a " 'symptom repertoire'—a range of physical symptoms available to the unconscious mind for the physical expression of psychological conflict." In parts of India, patients are said to suffer from *dhat* syndrome: they complain of impotence and have the delusion that they are losing their semen. In Nigeria, students who can't retain information and report feeling a burning sensation in their heads are sometimes given a diagnosis of "brain fog." The illnesses are reinforced by a local belief that the symptoms are a sign of authentic suffering, worthy of expert attention and care.

The Swedish government's report proposed that the apathetic children were from "holistic cultures," ...The report seemed to ignore the influence of Sweden's own culture on the illness. <https://www.newyorker.com/magazine/2017/04/03/the-trauma-of-facing-deportation>

A Mental Health Menu!

Imagine if you could choose the services you need rather than what they thought you deserved... This is not the experience in Toronto.

Submission from a New Zealand advocacy, peer, community building and group and Mary O'Hagan:

We call on the Inquiry into Mental Health and Addiction to recommend that all people with mental distress or addiction have open access to a full menu of services, so that no-one who seeks help is turned away and everyone is offered more than medication.

To read or download the full submission, The Wellbeing Manifesto for Aotearoa New Zealand, go to: <https://www.wellbeingmanifesto.nz/> Campaign created by Mary O'Hagan



PeerZone

Grant Faulkner Inquest Recommendations: fire safety, more services in Scarborough, rooming houses

June 20th—Ontario coroner Dr. David Eden determined that Faulkner (age 49) died of accidental smoke inhalation. when a wooden shack where he was staying in an industrial park caught fire in January 2015. Temperatures dropped to -20 C in the city on the day of his death.

The Jury made some practical recommendations about survival shelter including providing camping supplies. **If you do stay outside for part of the year, what would you prioritize?** If people are not going to stay in shelters should they be helped or hassled by the system? What about putting us in big tents? That starts to sound like a flashback to a past of circus freaks and camps for undesirables.

The Coroner's Jury's recommendations include:

- ⇒ Ontario should do **meaningful consultation with people who have lived experience of homelessness in the development and evaluation of programs and policies...** (3)
- ⇒ **Encourage the employment of people with**

lived experience of homelessness (4)

- ⇒ Provide a shelter **allowance for individuals who live outside**, to help them secure housing, which could include banking the funds for later use towards housing; ... (7) Also provide "survival" equipment and/or supplies (e.g. sleeping bags, fire retardant blankets, safe heat sources) (21)
- ⇒ Need more Detox Beds and supports in **...Scarborough** (8)
- ⇒ **Rooming Houses**—Zoning Changes in Ontario, Toronto and Scarborough to allow for rooming houses and inclusionary zoning. (14,
- ⇒ Toronto Transit Commission and Metrolinx to emphasize the importance of ensuring appropriate access to transportation for individuals who are homeless, and consult with members of the Scarborough community when it is considering these issues to ensure that the transition to Presto technology does not create barriers.

<https://www.cbc.ca/news/canada/toronto/grant-faulkner-verdict-1.4714402>

We will also have a link to the report on our website.

City Website: Temporary Respite Structures for 24-Hour Services

To provide high-quality, accessible respite services in 2018/2019, City staff have secured four temporary respite structures that can be operational in locations across the City as part of the 2018/2019 Winter Respite Plan. The temporary respites will be provided by Sprung and built by BLT Construction Services. Amenities

Each structure will have:

- 24 Hours—opening winter 2018
- Full plumbing (e.g., no chemical toilets)
- 7 showers (3 women's, 3 men's, 1 gender neutral/accessible)
- 14 toilets for clients (6 women's, 4 men's toilets and 2 urinals, 2 gender-neutral / accessible) and 2 staff washrooms
- Laundry facilities for clients
- Cots
- Dining and common area with TVs
- Storage rooms
- Full food server for dispensing food and a food pantry (meals will be prepared offsite and brought in by a contracted catering company)
- Sky lights for natural light

Secured staff area on main floor with mezzanine administrative offices



<https://www.toronto.ca/home/media-room/backgrounders-other-resources/temporary-respite-structures-for-24-hour-services/>

Cost: Approximately \$2.5 million per site

Is this what You would like to see? How could the survivor community be involved?

Especially, given the Grant Faulkner Inquest recommendations, the experts who are already living in small tents through the winter need to be involved in the process.

A community member pointed out: **“They don’t want us to have [our own] tents...they want to make their own tents now...we have to stay in them?”**

If these tents go ahead service users need to be consulted and play a role in the management and organization of these new shelters.

For example how can they organize storage lockers?

...Another community member also pointed out:

“HOUSING”

The Bulletin asks What do you think advocates for accessible housing should focus on?

bulletin@soundtimes.com

Got Debt? —Help!—ACORN has Resources



The debtresources.ACORNcanada.org portal has information and links to resources that can help people in Ontario to manage, and prevent, debt.

ACORN Canada (Association of Community Organizations for Reform Now) is an independent national organization of low- and moderate-income families. We have over 113,000 members organized into twenty-four neighbourhood chapters across Canada. We believe that social and economic justice can best be achieved with a national active membership who are invested in their organization and focused on building power for change!

Learn more about how to deal with debt and finances:

- ⇒ [Banking/Alternative Financial Institutions](#)
- ⇒ [Collection Agencies/Creditors](#)
- ⇒ [Hydro/Internet, etc.](#)
- ⇒ [Credit Rating](#)
- ⇒ [Dealing with Debt](#)
 - ⇒ [Dealing with Debt: 3 steps](#)



Contact: 416-461-6696 <http://debtresources.acorncanada.org/>

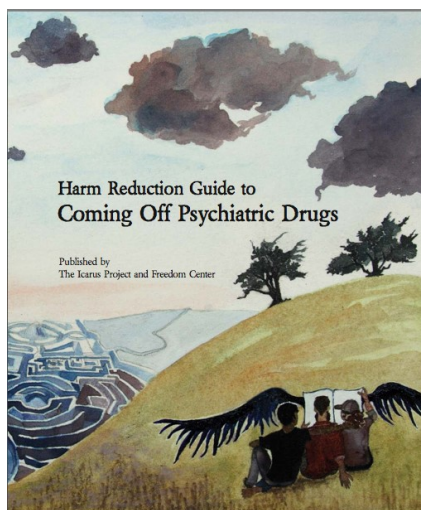
Resources

Harm Reduction Approach to coming off Psychiatric Drugs

Resource: Icarus Project and Freedom Center's 52-page illustrated guide gathers the best information we've come across and the most valuable lessons we've learned about reducing and coming off psychiatric medication.

Based in more than 10 years work in the peer support movement, this Guide is used internationally by individuals, families, professionals, and organizations.

<https://theicarusproject.net/resources/publications/harm-reduction-guide-to-coming-off-psychiatric-drugs-and-withdrawal/>



TTC - Fair Pass Discount Program

Ask about details of transport allowance \$2.00 per ride, 115.50 month

[Find the forms and the details at: https://www.toronto.ca/transitdiscount/](https://www.toronto.ca/transitdiscount/)

You are eligible if you are an adult living in Toronto and in receipt of Ontario Works (OW) or Ontario Disability Support Program (ODSP) and not receiving transportation supports equal to or greater than \$100 in the current month (i.e. Employment or Medical Related) through OW or ODSP.

How to apply

To apply for the Fair Pass Discount Program, you must complete and sign an [application](#) and [consent form](#). Completed forms can be submitted by mail, fax, or in-person at any of the following Toronto Employment & Social Services

(TESS) locations.

Get a safer injection site and connect to community experts ? 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.
- **RPHC's Overdose Prevention Site** (Regent Park Community Health Centre Dundas St East 416-203-4506)
- **Kensington Market** - St. Stephen's Community House 260 Augusta Ave (416) 964-8747.

NEW Site at Street Health

Overdose Prevention Site 338 Dundas St. E

Regular hours of operation 11 a.m. – 4 p.m.

Opening: Wednesday, June 27, 2018

Regular Hours:

Monday – Friday 11 am – 4 pm

The service is located in the fully-accessible backyard coach house within our existing space. The service has two booths for supervised injection and a small area for post-consumption monitoring.

The service operates during our current opening hours and is staffed by experienced harm re-



duction workers with nursing back up. For further information please contact: Kapri Rabin, Executive Director or Joyce Rankin Clinical Manager @ 416-921-8668

Supervised consumption sites (SCSs) provide safe space and sterile equipment for individuals to use pre-obtained drugs under the supervision of health care staff. Consumption refers to taking opioids or other drugs by injecting, smoking, snorting or taking them orally. SCSs provide fundamental services for people who might not be engaged with addiction treatment (such as methadone or buprenorphine). SCSs are health care facilities that are part of a full array of harm reduction services.

SCSs outcomes:



Reduce individual harms

- Decrease deaths and hospital visits due to overdose or injection related emergencies
- Lower injection rates
- Reduce unsafe injection practices that are associated with HIV and Hepatitis C transmission

SCSs **do not** promote riskier substance use practices and **do not** increase substance use rates.



Increase access to health care

- Increase access to:
 - addiction treatment & counselling
 - basic health care services, such as wound care and immunisations
 - needle exchange services
 - naloxone distribution programs
 - Hep C, STI and HIV testing

SCSs **do not** discourage people who use drugs from seeking addiction treatment.



Decrease community harms and costs

- Lower overall health care spending
- Decrease public injection
- Reduce publicly-discarded syringes

SCSs **do not** lead to an increase in thefts, drug dealing, drug-related crimes, or drug use initiation.

What people are saying:

"Reduced morbidity, mortality, reduction of high-risk drug use, increased uptake of health and social care, including drug treatment, decreases risk of individuals losing their housing. Those are all benefits. Safe and non-judgmental environment in which they can go and seek further assistance."

(Toronto healthcare provider, TOSCA Report)

"I'd feel a lot better about doing it in a safe injection site than at home, because, you know, you could wind up dead at home."

(Toronto person who uses drugs, TOSCA Report)



Public acceptance of SCSs increases over time.

To apply for an SCS, or to access one in your community

Visit:

<https://www.canada.ca/en/health-canada/services/substance-abuse/supervised-consumption-sites/status-application.html>

Overdose Prevention Sites (OPS) are a type of SCSs that are time-limited, low-barrier and faster to open. They offer more limited services.

To open an OPS in your community visit: http://www.health.gov.on.ca/en/news/bulletin/2018/hb_20180111.aspx

Bayoumi AM, Strike C, Jalram J, Watson T, Enns E, Kolla G, Lee A, Shepherd S, Hopkins S, Milson M, Leonard L, Zaric G, Luce J, Degani N, Fischer B, Glazier R, O'Campo P, Smith C, Penn R, Brandeau M. Report of the Toronto and Ottawa Supervised Consumption Assessment Study (TOSCA), 2012. Toronto, Ontario: St. Michael's Hospital and the Dalla Lana School of Public Health, University of Toronto; 2012.

Kennedy MC, Karimouzan M, & Kerr T (2017). Public Health and Public Order Outcomes Associated with Supervised Drug Consumption Facilities: A Systematic Review. *Curr HIV/AIDS Rep*, 14: 361.

Ontario HIV Treatment Network. (2014). Rapid Response Service. Rapid Response: What is the Effectiveness of Supervised Injection Services? Toronto, ON: Ontario HIV Treatment Network.

Potter C, Lapinivote V, Dubois-Arberet F, Cottencin O, & Rolland B (2014). Supervised Injection Services: What Has Been Demonstrated? A Systematic Literature Review. *Drug and Alcohol Dependence*, 145:48-68.

camhPSSP
Provincial System
Support Program

Developed by the Opioid Resource Hub

Through Ruff Times—Pet Help

At *Through Ruff Times (TRT)* we hope to reduce barriers for people who experience poverty, homelessness, mental health and substance use challenges, violent living conditions and/or any other hurdles.

We offer options so that people do not need to make a choice between accessing supports or losing their animal companions.

We aim to work from harm reduction, trauma informed and anti-oppressive principals.



How does it work if I need TRT to look after my dog or cat?

You can fill out our Pet Profile and you will hear back from us as to whether

or not we're able to provide care.

Is there a chance I will lose my pet?

No, we want you and your pet to stay together. The reason we exist is to provide an option so that you do not lose your dog/cat.

Where will my dog/cat stay?

We have an amazing team of volunteer cat and dog Sitters who also want your and your pet to stay together. They are animal lovers who have gone through an application process, including a home visit. Your dog/cat will stay in a Ruff Sitter's home until you are ready to be reunited. We operate based on the belief that humans and animals have a fundamental right to exist and to be treated with dignity, compassion and respect.

<https://www.throughrufftimes.org>

For your information. This is not a survivor initiative but it does provide resources for women :

Building Foundations for Women

(BFW) is an 8-week life skills and personal development program. BFW supports women experiencing poverty and other life challenges to build stable and active lives and move toward their employment and education goals.

What Can You Gain?

- Boost self-confidence
- Build social connections
- Set personal and career goals
- Receive one-on-one coaching
- Develop emotional resilience
- Explore and enhance your strengths
- 6-month post program support

8-week program offered 2 times a year

Classes: Four days per week 9:30am – 2:30pm
Case management: Once per week, by appointment

New program starts at beginning of August
BFW provides TTC tokens, stipends and lunch.

For more information contact:

BFWinfo@veahavta.org

Patient and Family Advisory Committee

The Toronto Central LHIN (Local Health Integration Network) engages with individuals like our readers in different forums. It has created a Home and Community Care Patient and Family Advisory Committee (PFAC): The PFAC will ensure that citizens' points of view, perspectives, and experience are heard and integrated into service planning, delivery and quality improvements.

Please [click here](#) to learn more about our Citizens' Panel Members Please [click here](#) to learn more about our Home and Community Care PFAC Members. <http://www.torontocentrallhin.on.ca/communityengagement.aspx>

Farley Foundation—Funding for Vet bills

Never alone: When a person is feeling lonely, many doctors will recommend getting a pet as a cure. Pets give us the feeling we are not alone, and have someone offering unconditional love to us.

Get us going: The Human-Animal Bond Research Initiative says dogs are particularly great pets for depression because they force a person to get out and about for walks with the dog. The initiative says, “Thus they are also conversation initiators, helping to alleviate social isolation. Further, pets require daily responsibility to meet their basic needs such as food and water and they bring structure to a person’s daily activities.”

Calming presence: Even a pet’s presence can do wonders for calming you down, [studies](#) show pet owners have significantly lower blood pressure and heart rate both before and while performing stressful mental tasks.

From [their website](#) <https://www.farleyfoundation.org>

Sharing our lives with an animal helps us treat stress, depression, high blood pressure, and increases social interaction and physical activity. The simple act of petting an animal has been shown to lower your heart rate and increase a sense of well-being.

The Farley Foundation assists those who are struggling financially to pay for veterinary care for their pets. Pet owners who cannot afford medical care for their sick or injured pet, and who fall into one of the categories below, are encouraged to talk to their veterinarian about the availability of Farley Foundation funding:

- Seniors receiving the Federal Guaranteed Income Supplement (GIS).
- Disabled individuals receiving the Ontario Disability Support Payment (ODSP) or the Canada Pension Plan Disability Payment (CPP Disability).
- Women at risk of abuse who are entering a registered Ontario women’s shelter and who are participating in OVMA’s SafePet Program.
- Individuals receiving assistance through the Ontario Works Program.
- Supportive housing for seniors, retirement homes or long-term care facilities with live-in pets.

Questions?

If you belong to one of the groups who we help and meet the eligibility criteria, talk to your veterinarian about the possibility of applying for Farley Foundation funding.

Applications for funding can only be submitted by veterinarians. The Farley Foundation can’t discuss funding applications with pet owners or recommend a veterinarian. For more information, email info@farleyfoundation.org.

Lynn Johnston, artist and cartoonist, is a Canadian icon. Her syndicated comic strip, For Better or For Worse® which chronicles the life of the Patterson family, has appearing in over 2,000 newspapers worldwide. To learn more about Lynn Johnston and For Better or For Worse®, visit the official web site for the comic strip at www.fborfw.com.



Reva Gerstein Legacy Fund

The Reva Gerstein Legacy Fund is seeking submissions for 2018/19.

The Legacy Fund has been set up through a generous gift from Reva Gerstein's sons in honour of their mother's significant contributions to the mental health community and her interest in education, research and other projects that celebrate the independent spirit of the survivor community.

Successful submissions include a variety of initiatives including tuition, art and film, educational and small business support.

Proposals should have a budget of no more than \$4000 (most grants are in the \$500-\$1500 range).

Applications should include contact information, a description of the initiative and a budget. For more information or to access a proposal outline, please visit Gerstein Crisis Centre website at www.gersteincentre.org

All proposals should be sent to

Gerstein Crisis Centre, 100 Charles St. E, Toronto, Ontario M4Y 1V3

or

e-mailed to legacyfund@gersteincentre.org.

Follow-up conversations or meeting may also be arranged

Submission deadline August 15, 2018

The process for application includes a letter of interest outlining the following;

1. A brief description of how the project achieves the goals of the Legacy Fund;
2. A short overview of the project or purpose for which assistance is requested (2 pages max)
3. A brief description of past projects that will indicate your ability to complete this endeavour;
4. A brief budget and time-line of activities. (up to \$4000 however most projects funded fall into the \$500-\$1500 range)
5. Alternative funding sources to complete the project if the Legacy Fund is unable to fund the whole budget.

Find more information about Street Soccer

Facebook <https://www.facebook.com/streetsoccertoronto/>

You can also find highlights from the Homeless World Cup.

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



The Stop has a new Peer Support Group:

Emotional wellness peer support group

==> where you can share your lived experiences, inspirations, successes and challenges. Strengthen self-care knowledge while finding support through engaging and connecting together.

Thursdays starting July 4 from 10:00-12:00 at 1884 Davenport Road. Also drop-in for one-on-one time with Sharon or Sara

Light snacks and learning about the Stop

Sara sara@thestop.org Sharon sharon@thestop.org
416-652-7867



DemocracyKit Workshops: Learn Campaign

Are you ready to drive political change and make a difference in your community? Never volunteered on a political campaign, but interested in learning how?

These workshops, presented with DemocracyKit, can be taken individually or as a series. They explain the workings of political election campaigns and deliver practical lessons, tools and connections to get started and make a meaningful contribution to a campaign team, for the upcoming 2018 municipal election in Toronto. All workshop series participants will receive:

- 1) A copy of DemocracyKit Civic Campaign Guide
- 2) Introductions to local candidates, campaigns and experts
- 3) Access to 2018 municipal campaign training programs and events

DATE AND TIME Sat, 7 July 2018 2:00 PM – 3:30 PM EDT

LOCATION: TORONTO PUBLIC LIBRARY - RICHVIEW LIBRARY 1806 ISLINGTON AVENUE TORONTO



The TC LHIN CSI NETWORK

Presents a

MAD PRIDE BBQ

Wednesday July 11, 2018

In

HIGH PARK

From 1 PM- 5 PM

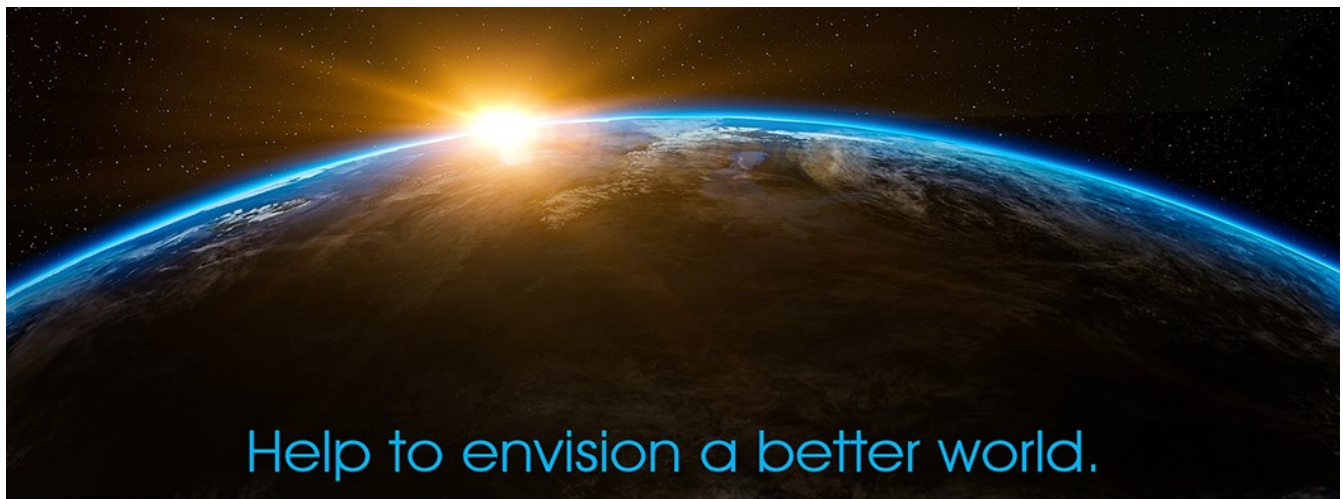
Area 26, beside High
Park Blvd & the Adven-
ture Playground

**FOOD, PRIZES &
MAD FUN!!!!**



A-WayExpress
THE WHOLE PACKAGE





Help to envision a better world.

In celebration of Mad Pride 2018, The Friendly Spike Theatre Band is delighted to invite you to attend an evening of poetry and song, featuring acclaimed poets Honey Novick and bill bissett, a recital of Just Us, our new poetry creation program, and a hip and happening open stage.:



July 11, 2018
6pm-9pm

May Robinson Auditorium,
20 Westlodge Ave.,
Toronto (one block east of Lansdowne, north of Queen)

• Wheelchair access • Light supper • Free •

Please register at:

friendlyspike@primus.ca
or call 647.729.9068

We're looking forward to hearing from you!



Sponsored by Carrot Common Social Justice Fund, League of Canadian Poets, and Friendly Spike Theatre Angels.

Help to envision a better world.—Poetry and Song

July 11, 2018 6:00-9:00 at May Robinson Auditorium at 20 Westlodge Avenue,
One Block east of Lansdowne, north of Queen W. Wheel chair access. Light supper. Free.

Events

Free Outdoor Movie Showings!

CHRISTIE PITS FILM FESTIVAL

June 17 at Fork York. topictureshow.com/fort-york;

June 24-August 19 at Christie Pits. Free/pwyc. christiepitsff.com.

SORAUREN PARK

June 23, July 28, August 25, September 22.

Free. soraurenpark.wordpress.com.

CITY CINEMA

June 26-August 28. Yonge and Dundas Square ydsquare.ca.

MOVIES IN ST. JAMES PARK

June 31-August 23. Free. oldtowntoronto.ca.

MOVIE NIGHTS IN THE BEACH VILLAGE

July 5-August 30. Free. thebeachvillage.com.

CORKTOWN COMMON PARK

Thursdays July 5-26. Free/pwyc. topictureshow.com.

DANCING IN THE PARK

July 7, August 4 & September 1. Free. agakhanmuseum.org.

UNDER THE STARS: MOVIES IN THE PARK

We show widely loved films that prominently feature Indigenous, Black and People of Colour on screen. We offer a pre-show before the film each week with family friendly activities that change week to week.

July 11-August 15.

Free. regentparkfilmfestival.com.

CINEMATIC CITIES IN PARKWAY FOREST PARK

Parkway Forest Park near Don Mills and Sheppard on Thursdays in August. The lineup includes the Ghostbusters reboot (August 9); Charles Oficer's excellent documentary Unarmed Verses (August 16), about the re-development of the community of Villaways; Alfred Hitchcock's To Catch A Thief (August 23); and Ritesh Batra's

Mumbai-set romance The Lunchbox (August 30).

August 9-30. Free/pwyc. topictureshow.com. **SO-RAUREN PARK**

The west-end park screens movies on the fourth Saturday of every month from June to

Actors' Jam—Thursdays

The Actors' Jam @ The 519 is a free, self-directed acting workout for anyone age 18+ held in a casual, welcoming environment where actors of any experience level from beginner to pro can meet and play.

For two hours each week, experiment, learn, explore, read monologues, scenes, improvs, rants, audition pieces, poems, stories, etc. whatever gets you jazzed. Bring your own material or find links to resources for monologues, plays, scenes and more on our website: <http://actorsjam.blogspot.ca/>

At: 519 Church St (north of Wellesley St)
The 519 Community Centre

Time: 6:00pm - 8:00pm

Website: <http://actorsjam.blogspot.ca/>

People with disabilities
need less therapists and
more friends

—David Pitonyak

<http://www.dimagine.com/>

Thoughts of readers?

Events

Alter Ego Comics and Canadian Identity—All July

Scott Pilgrim, Captain Canuck, Nelvana, and Kagagi are just a few of the thrilling Canadian comic book heroes you can explore at the Alter Ego exhibit.



At: 789 Yonge St (north of Bloor St) *Toronto*
Reference Library – TD Gallery **Phone:** 416-395-5577

Mad Stories + Crazy Talks

July 3rd: Kanye, Charlie and Britney: Mad stars or good ol' PR?"

Mad Stories on the last Tuesday of the month

Tell your stories your way. No labels, no analyses, no critiques. Listen in or join us as we tell short stories loosely based on daily life.

Open to consumers, users, survivors, anyone with 'mad' experiences. Monthly. 7 - 8:30 pm

OISE, 12th Floor, SJE Lobby, at 252 Bloor St. West - St. George Subway. Free and accessible. Not funded by mental health agencies or university programs.

Contact: Erick Fabris, Toronto writer on psychiatric industry and practices. Email mad-ly@teksavvy.com or call (647) 478-4241

July 04 2018 (Wednesday)

Intersection PAY WHAT YOU CAN

Finds the **comedy** in, and laughs with, the remarkable first hand accounts from storytellers from all walks of life. The stories are true and the improvised tales are performed by a cast who represent different intersections of race, sexuality, gender, faith, ability, and class. The show concludes with an open jam for all performers and interested audience members.

Pay What You Can donation (\$10 suggested) directly to StopGap Foundation.

At: 154 Danforth Ave (east of Broadview Ave)
The Social Capital Theatre - 2nd floor

Time: 8:00pm – 9:30pm **Website:** <https://www.facebook.com/intersecTO/>

Afrofest July 07 - July 08 2018

In 2018, Afrofest will celebrate its 30th anniversary. Afrofest is the largest free African cultural festival in North America which showcases the beauty and complexity of African art and culture. Located in the heart of Toronto, it brings together the African community in celebration while promoting diversity and multiculturalism. With over 80 vendors, the Afrofest marketplace has food and merchandise vendors selling all manner of exotic food and products.

At: 1695 Queen St E (@ Kingston Rd)
Woodbine Park

Time: Sat: 12pm – 11pm Sun: 12pm – 8pm

Website: <https://artsintheparksto.org/event/afrofest-2018/2018-07-07/>

Birds of Flight July 09 2018 (Monday)

Aerial Acrobatic Workshops – 5 – 6:30pm – Circus artists will guide participants in a mini-workshop in aerial arts and partner acrobatics. Open to all levels of ability ages 8+.

Aerial Performance – 7pm – Birds of Flight is a 30 minute contemporary circus performance centring around the interactions of three Canadian birds. Told through a mixture of physical theatre and the spectacular language of aerial dance on lyra, corde lisse and aerial silks, these birds explore what it means to fly as they navigate the Toronto landscape in each of our backyards. **(Reoccurs: July 16, 23 & 30)**

At: 4169 Bathurst St (south of Sheppard Ave W)
Earl Bales Park

Time: 5:00pm - 7:30pm **Website:**
<https://artsintheparksto.org/event/birds-of-flight/all/>

Every Tuesday (July 10 – Aug 21 2018)Benjue Meditation - 7 week

Join us for a free 7 week Benjue Meditation Workshop and learn the complete system from basic to advanced level. Please note: this program occurs once a week on Tuesdays for the month of July and August.

Registration is required. Register @ www.eventbrite.ca search “Benjue Meditation - Free 7 Week Workshop”

At: 766 College St (@ Shaw St) *College/Shaw Library – Program Room* **Time:** 6:30pm – 8:00pm
416-393-7668

Events

Voice Yoga—July 13

Next Voice Yoga will be Monday, July 9, 2018 at 2:00 p.m. to 3:30 p.m. at the Secret Handshake Gallery, 170a Baldwin St (upper) not wheelchair accessible.

For singers, poets, people who want to have fun with their voices, sing a song, read a poem, offer an opinion.

Pay what you will.

July 18 2018 (Wednesday)

One-on-One Business Consultations

Book a free, 30-minute consultation with an Enterprise Toronto small business advisor!

Enterprise Toronto is a City of Toronto service that provides a one-stop source for:

- One-on-one business consultations
- Business registration, name searches and incorporation
- Business research assistance
- Consultation on government programs, financing and incubation services
- Business forums, weekly seminars and training and networking opportunities.

Registration is required. Call 416-394-5170 to register. (Reoccurs: Aug 08)

At: 1515 Albion Rd (west of Kipling Ave)
Albion Library

Time: 10:00am – 1:30pm **Phone:** 416-394-5170

Resume Workshop July 18 2018 (Wednesday)

An employment specialist from the Centre for Education and Training will give you one on one resume advice. Learn to use keyword effectively, update your resume and receive constructive feedback. *You must present a printed paper copy of your resume during the consultation.*

Free program. Drop in at lobby table. No registration required. Presented in partnership with The Centre for Education and Training. **(Reoccurs: Aug 15)**

At: 35 Fairview Mall Dr (east of Don Mills Rd)
Fairview Library

Time: 1:00pm – 4:00pm **Phone:** 416-395-5750

July 21 2018 (Saturday)

Comics/Komiks Zine Fair

Members from the Comics/Komiks Meetup will present some work for sale in the form of zines to show the scope of webcomics and Komiks culture in Toronto. There will also be a button making workshop and presentations on ideas behind the zines.

At: 239 College St (east of Spadina Ave)
Lillian H. Smith Library

Time: 11:00am – 4:30pm

Phone: 416-393-7746

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.

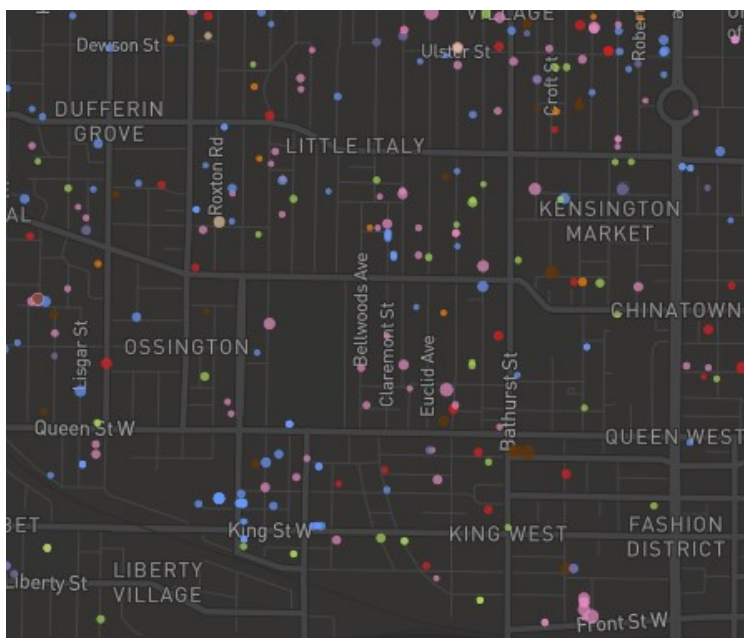
At: 201 Winchester St (3 blocks east of Parliament St & 3 blocks north of Gerrard St) 9:00am – 5:00pm

Fruits of summer & community

Hug a tree and feel how big the world is and how connected it is. Trees are good for your physical and mental health, according to *Nature* (<https://www.nature.com/articles/srep11610>) and the Washington Post (<https://wapo.st/2KdR3mM>). Trees are also part of connection to community. Whether trees are shading us in summer or attacking us in ice storms, they are an important part of Toronto. Find the best trees, times and areas to get fruit this summer using this online map: <http://www.mapto.ca/maps/the-fruit-trees-of-toronto#> It is a fun tool to play around with when you take a break from Facebook...

According to the City of Toronto's [open data](#), there are 569,412 trees on public streets and an [estimated 9.7 million more](#) on private land (6.1 million) and in urban forests and ravines (3.5 million).

With the help of forestry expert Monika Oviedo, Tom Weatherburn and William Davis selected, grouped and mapped the City of Toronto street trees that produce delicious (or at least edible and somewhat tasty) fruit. The species that Monika identified accounted for 22,124 trees or 3.8% of the more than half a million trees on public streets. It turns out the city is filled with all kinds of productive, fruiting species such as cherries, apples, pears, peaches, plums and various nuts and berries.



If you're interested in helping to make the most of Toronto's bountiful fruit harvest, check out [Not Far From the Tree](#)

Tom Weatherburn and William Davis © madTO 2018 at <http://www.mapto.ca/maps/the-fruit-trees-of-toronto#>



Hackberries are over 25% of Toronto fruit trees. Photo: sciencing.com/interesting-hackberry-tree-6513384.html



JULY 2018: 4 EVENTS — 4 LOCATIONS

HOUSING SOLUTIONS—join in on the discussion with community members and share what you know about finding housing.

Wychwood Open Door
729 St. Clair Ave. West
July 4th—10:45 a.m.-12:15

SENIORS INCOME SUPPORT WORKSHOP — Helle from WTCLS: The Ins and Outs of applying for CPP/OAS/GIS. Sign up in the Advocacy Office - space is limited!

The Stop
1884 Davenport Rd.
Part A— Blue Room
July 12th —10:00 a.m.- 12:00

SENIORS NETWORKING CAFÉ STYLE—friends, refreshments, resources, and information.

The Stop
1884 Davenport Rd.
Part B — Drop-in
July 12th — 1:00-3:00 p.m.

SENIOR'S FIESTA— an evening of information, resources, celebration and fun.

Davenport Perth Neighbourhood Community Centre (DPNC)
1900 Davenport Rd.
July 18th 6:00—8:00 p.m.





Opportunity for Board Volunteers With an Interest in Poverty and Mental Health Issues

About our Organization

Founded and operated by people with lived experience in the mental health system, **Accent on Ability** is a registered small non-profit charitable organization founded in 1997. A key purpose of the organization is to make funds available to improve the quality of life for people with a history of mental illness who face economic and/or social barriers. For further information on the organization, see our website at accentonability.org.

About our Board of Directors

Accent on Ability's board focuses on providing support to members of A-Way Express Courier, a social initiative comprised of people who have experienced mental health issues, and that provides meaningful work and socializing opportunities for its members. Board members are expected to:

Commit to the vision of Accent on Ability

Commit to a two-year term on the board

Regularly attend board meetings, held approximately every six weeks, throughout the year

Current Opportunity

We are seeking two or three new board members. Those with experience both with mental health issues and fundraising are particularly encouraged to apply.

How to Apply

If you are interested in this volunteer opportunity, please forward your resumé, as well as a letter outlining your relevant experience and what you feel you can contribute to Accent on Ability, to Jim Ward, Secretary Treasurer, at jward775@gmail.com.

Accent on Ability's Board of Directors is committed to diversity and welcomes applications from all communities, across all cultures, religious beliefs, sexual orientations, socio-economic status or abilities.

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

Print + Share

REGENT PARK
COMMUNITY HEALTH CENTRE

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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).

Inkwell Writing

Write, play, and experiment in this fun, interactive workshop led by the legendary Stuart Ross. No experience necessary. July 4th 2:00

Join Kathy for a pizza party with games, readings, and a goodbye until September! July 11th 2:00

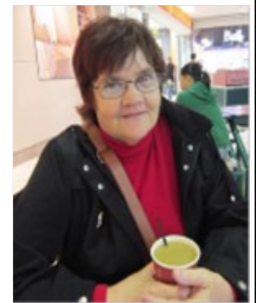
At: 2700 Dufferin Street,
Unit 90 (@ Briar Hill)
Routes



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.

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