

The BULLETIN

#7 604

August 1
2018

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

August: Sun, Mad in Asia, Real Affordable Housing, Harm Reduction, Employment, Free and Fun Events from crafts to Prison Justice Day! Lots more in the email version

Stay tuned for a Special September Edition of the Bulletin:

FOOD: Access, Advocacy, Fun

Let us know about resources/ideas/projects by August 25th.



Greet us: bulletin@soundtimes.com

Add **events** <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

Staying cool with dignity

Have you tried the cooling centres which have bottled water, fruit juices and staff that can recognize the signs of heat-related illness: libraries, community and civic centres, rec centres and libraries? (<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/extreme-heat-and-heat-related-illness/places-to-cool-down-2/>)

Have you noticed benches have been removed from some parks (Moss Park)? Is this a strategy to deter certain types of park users? Does this affect the dignity of folks who have no where else to go and end up having to lie on the grass?

Stay cool and classy: Isolation and heat can be a particularly deadly combination for survivors. Reach out for community and ice! Check 211 for community resources and 311 for up to date Toronto programs. And let us know what barriers you face to accessing comfortable conditions.



Image: of 2 park benches source: <https://www.maxpixel.net/Bench-Park-Chair-402786>

Moments in C/S Bulletin History

Bulletin 375 August 1, 2008:

Wish List

Hello Bulletin Readers, This issue we have a request for a portable CD player – discman type thing, no need for headphones, just the player is great. Someone else is looking for a racing or mountain bike, so he can become a bicycle courier.

We have donations of a microwave, a Lexmark x1190 printer, a double bed with box springs and a wooden headboard & frame, a rice cooker, some pots and pans that are in pretty good shape and a blender this issue.

Call the centre if you are interested in any

“Wish for a CD player—discman type thing”

of these items.

What does that mean for the Bulletin in 2018?

The Bulletin was set up to reach a smaller local readership that did not have access to computers or electronic information. The Wishlist was created before Facebook, instant messenger, Craigslist and widespread cellphones. Now there is even a local downtown Toronto community that lets people trade and wish for items <https://bunz.com/>

The Bulletin is now focusing on resources and topics that reach the broader service user community. We want to connect you with the information you need to understand and control your health decisions and to inform the community.

That does not mean that we don't have wishes (Chocolate, trophies, housing). What kind of information and resources do you wish for? We will talk about **FOOD** in our next

Bulletin!

Mad In Asia—Inclusion & Psychosocial Disabilities

- ⇒ **inclusion**—is a tool and goal to move beyond medical, peer, or recovery models, which end up separating us from, rather than changing the world.
- ⇒ **psychosocial disabilities**—describe the experiences of people with **impairments** and participation restrictions related to mental health conditions.
- ⇒ Using psychosocial is also a way to connect to the broader disability movement.
- ⇒ Mad In Asia and TCI Asia are great sources of



new ideas, learning and advocacy

TCI Asia (Transforming Communities for Inclusion of persons with psychosocial disabilities) is an independent, regional Disabled People's Organization (DPO) focusing on the monitoring and implementation of all human rights for persons with mental health problems and psychosocial disabilities. We are guided by the United Nations Convention on the Rights of persons with Disabilities (UNCRPD). TCI Asia foresees a future in which all human rights and full freedoms of persons with psychosocial disabilities are realized. Our contribution to the realization of the CRPD is by focusing intently on the pedagogy and the practice of Article 19 of the CRPD (Right to Living Independently and being Included in Communities) in Asia. We advocate for the practice of Inclusion and dream to see it manifest in all national policies and laws of the Asian region. <https://madinasia.org/>

How much is affordable rent?

Toronto: defines “affordable” units as those at or below average market rent. In 2018, the average market rent for a one-bedroom was \$1,202 a month and \$1,426 for a two-bedroom unit.

Ontario: 30% of gross income for low and moderate income households; or 2) a unit for which the rent is at or below the average market rent of a unit in the regional market area.

Canada: CMHC shelter costs that equate to less than 30 per cent of a household’s gross income.



ACORN: Affordable for Who?

(<https://acorncanada.org/resource/affordable-who-redefining-affordable-housing-toronto>)

Truly affordable rent would be based on income and ability to pay so that low and moderate income households have housing that is less than 30% of income. For example, if rent was set at 30% of income a single person on ODSP (\$13,800) would have rent of \$350. A single full-time minimum wage worker at \$14/hour (\$28,000) rent would have rent of \$700. This is far below market rate. Affordable housing needs to recognize this fact. And low and moderate income people need to have housing!

Mayor Tory acknowledged that things are changing: “The definition of affordability depends who you’re asking,” Tory acknowledged Tuesday. “As Toronto gets more expensive, it may be that we have to take a look at that.”

* A city analysis concludes that, at average market rent, a household would need to earn just over \$52,000 before tax to keep its housing cost to 30 per cent of income, which is a well-established principle.

BOTTOM LINE: Affordable rent definitions matter. If it is impossible to afford adequate housing, will health suffer?

Right to housing update:

Should Canada make adequate housing a human right?

Toronto Star: Adam Vaughan, who serves as parliamentary secretary to the Minister of Families, Children and Social Development, later played down Farha’s worries. It’s true the government isn’t planning to legally enshrine the right to adequate housing — but that’s okay, because the housing strategy will lead to the “progressive realization of housing rights,” he said....

“We are not walking away from that commitment one iota,” said Vaughan...A legally-enshrined right could also spur individuals to argue in court that government has to provide immediate housing, Vaughan said. “If you get evicted because you didn’t pay rent, do you still have a charter right to a house?” he asked.

United Nations special rapporteur on housing, Leilani Farha: “...the spirit of the internationally-recognized right is already systemic in nature; it was never intended to force governments to provide immediate housing for individuals, but to ensure states don’t ignore the needs of the homeless and precariously-housed.

“It doesn’t mean that anyone can go and demand a house” she said.

Toronto Star By ALEX BALLINGALL Ottawa Bureau
www.thestar.com/news/canada/2018/06/27/should-canada-make-adequate-housing-a-human-right.html

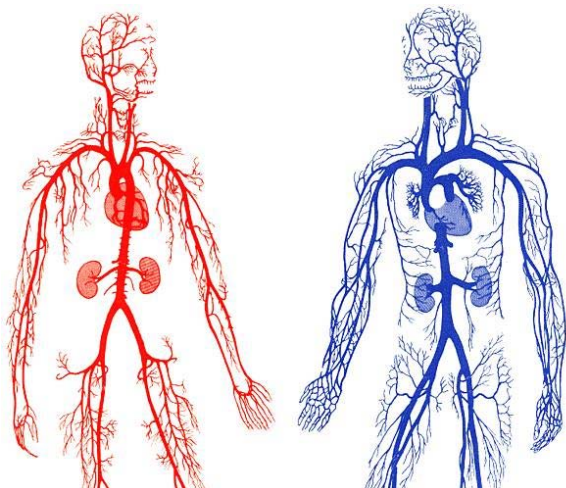
Resources

Vein Care Workshop (by and for people who inject drugs)

Monday August 13 from 1-3

[Street Health](#) 338 Dundas Street East, Toronto, Ontario M5A 2A1 (416) 921-8668

info@streethealth.ca



Got a safer injection kit and connect to community experts? You can get Naloxone for free from most pharmacies (with health card) and at mental health and addiction agencies.



SIS and OPS sites are listed on the next page

UNCRPD—Canada has made an international commitment to the Rights of People with Disabilities at The United Nations

Looking for a big gun in your advocacy tool kit? How about the *United Nations and the Convention on the Rights of People with Disabilities*? You can find the official text here: <https://www.un.org/development/desa/disabilities/> But there is also an [EasyRead version](https://bit.ly/2GlgD31) <https://bit.ly/2GlgD31>

Note. Canada has not signed the *Optional Protocol* that would allow us to complain to the UN to have rights “enforced” ...yet

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.



SIS & OPS SITES IN TORONTO

JULY 2018

	EAST END	DOWNTOWN - EAST ...		
	'keepSIX' South Riverdale CHC SIS 955 Queen St. E (at Carlaw Ave.)	Regent Park CHC OPS 465 Dundas St. E (at Parliament St.)	Street Health OPS 338 Dundas St. E. (at Sherbourne St.)	Moss Park OPS 134 Sherbourne St. (at Queen St. E)
Monday	9:30 am to 8 pm	9:30 am to 6:30 pm	11 am to 4 pm	CLOSED
Tuesday	9:30 am to 8 pm	12 pm to 6:30 pm	11 am to 4 pm	12 pm to 6 pm
Wednesday	9:30 am to 5 pm	9:30 am to 6:30 pm	11 am to 4 pm	12 pm to 6 pm
Thursday	9:30 am to 8 pm	9:30 am to 6:30 pm*	11 am to 4 pm	12 pm to 6 pm
Friday	9:30 am to 5 pm	9:30 am to 3:30 pm	11 am to 4 pm	12 pm to 6 pm
Saturday	CLOSED	CLOSED	CLOSED	12 pm to 6 pm
Sunday	CLOSED	CLOSED	CLOSED	12 pm to 6 pm
	Last call is 1 hour before close			Last call is 5:15 pm

* Regent Park CHC: Only women identified and trans people may access the OPS on Thursdays (Updated July 12)

	...DOWNTOWN - EAST		DOWNTOWN - WEST	WEST END
	Fred Victor SIS 139 Jarvis St. (at Queen St. E)	The Works SIS 277 Victoria St. (at Dundas St. E)	St. Stephen's Community House OPS 260 Augusta Ave. (at College St.)	Queen West CHC SIS 168 Bathurst St. (at Queen St. W)
Monday	6 pm to 12 am	10 am to 10 pm	7:30 to 11:30 am	9:30 am to 7:30 pm
Tuesday	6 pm to 12 am	10 am to 10 pm	7:30 to 11:30 am	1 pm to 7:30 pm
Wednesday	6 pm to 12 am	10 am to 10 pm	7:30 to 11:30 am	9:30 am to 7:30 pm
Thursday	6 pm to 12 am	10 am to 10 pm	7:30 to 11:30 am	9:30 am to 7:30 pm
Friday	6 pm to 12 am	10 am to 10 pm	7:30 to 11:30 am	9:30 am to 4:30 pm
Saturday	6 pm to 12 am	10 am to 10 pm	CLOSED	CLOSED
Sunday	6 pm to 12 am	CLOSED	7:30 to 11:30 am	CLOSED
				Last call is 1 hour before close

Prepared by Street Health in July 2018. Print and Post ME!



The Toronto Writers Collective provides free creative writing workshops for those deprived of voice in our society. Writing with others in an atmosphere of dignity and acceptance, participants discover the value of their own stories.

Writers can become facilitators and work with and encourage more writers in positive loop! Prior to training, our volunteers are

required to read *Writing Alone and with Others* by Pat Schneider, founder of the Amherst Writers & Artists method, on which the TWC training is based.

Contact: Jesse Cohoon, Program Manager, Toronto Writers Collective

jesse@torontowriterscollective.ca, www.torontowriterscollective.ca 647-261-3720

Find workshops at agencies and locations around the city:

<http://torontowriterscollective.ca/become-twc-writer/>

⇒ **519 Church Street Community Centre:** <http://www.the519.org>; **Anishnawbe Heath Toronto:** www.aht.ca; **CAMH-LEARN:** www.mentalhealthhelpline.ca/Directory/Program/6370; **Evelyn Gregory Library** <https://www.torontopubliclibrary.ca>; **Fred Victor Housing :** www.fredvictor.org/housing; **KGO Adult Literacy** <http://www.kgoadultliteracy.com>; **Na Me Res** www.nameres.org; **Progress Place** www.progressplace.org

Bulletin Note: There is a cost for this event, but it is created by and for survivors.

Accepting Voices Workshop

If so, then this workshop might help you tilt your universe and emancipate yourself with very simple and very human ways to understand and begin to act to support a person who struggles with difficult experiences that get called names like “psychosis”.

Our aim is that you can feel more confident in your ability to offer yourself as a one-person safe space to people who hear voices and struggle.

Hearing Voices Workshop#1 Accepting Voices

Saturday 11 August 2018 9.30am to 430pm

69 Queen St East Toronto

**Spaces are limited and
registration is required.**

Fee: Worker \$150

Community \$125

Register Now

Online at Eventbrite: <https://www.eventbrite.com/e/hearing-voices-workshop-1-accepting-voices-tickets-46482604722>



NOTE: This edition will include key focus on understanding experiences and supporting those who struggle with experiences like difficult-to-hear voices that get called 'psychosis' and who also struggle with homelessness.

Fresh Start Cleaners

Seeking: Cleaners in the specialty department.

To qualify the candidate must:

- Be dealing with a mental health issue
- Be available Monday thru Friday, mornings and afternoons for P/T work
- Be skilled at cleaning; professional experience not necessary
- Be physically capable of lifting up to 50 lbs and be able to climb stairs as needed
- Able to work in settings dealing with hoarding situations and/or bed bugs/cockroaches for prep of units. Jobs dealing with bed bugs provide appropriate protective gear.
- Be easily reachable by phone

This is a great opportunity for cleaners looking to

be a part of a team and they are generally longer hours per work day than the 1 ½ -2 hour contract shifts.



Applications for employment can be filled out at the office or by filling out the applications at the website or forwarding a hard copy to the office by fax (416-504-3429), by email to [Karen@freshstartclean.com](mailto:karen@freshstartclean.com), or via postal mail.

Fresh Start Cleaning and Maintenance
3345 Dundas Street West
Toronto, ON M6P 2A6
F: 416-504-3429

karen@freshstartclean.com

freshstartclean.com/employment-opportunities

Job Posting: Community Advocacy Team Lead

The Community Advocacy Team Lead will have the opportunity to build on a foundation of past successes, strengthen existing programs, and forge new pathways for community-based advocacy. Reporting to the Community Programs Manager, the successful candidate will be responsible for supporting a dynamic team of peer Advocates to run an information and referral office across two sites, facilitating leadership training, and support the emergence of peer leadership and community-led advocacy projects. The successful candidate will also represent The Stop in the development of local campaigns and community development activities, staying abreast of emerging policies and issues, locally and beyond, related to poverty and food security.

The ideal candidate has a unique mixture of social work and strong community organizing experience, as well as an in-depth knowledge of social services, community programs and neighbourhood resources. Their practice will be grounded in principles of anti-racism/antioppression and will be committed to equity and social justice as it relates to food security, poverty and other forms of oppression.

KEY DUTIES & RESPONSIBILITIES: ...

QUALIFICATIONS & SKILLS: ...

Salary range: \$50,000 - \$57,000 + benefits package

Hours: 37.5 hours per week Qualified candidates are

invited to submit a cover letter and resume through the Charity Village posting by **August 9th at 5:00pm**. No faxes, emails or phone calls please. Interviews will take place August 13 and 14. The Stop Community Food Centre is committed to employment equity and encourages applicants from equity seeking groups. We regret that only those applicants being considered will be contacted. Thank you for your interest in The Stop. Visit: <https://bit.ly/2LTCaTx>



Find more information
about Street Soccer

Facebook [https://
www.facebook.com/
streetsoccertoronto/](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 exper-
tise or fancy shoes required!**

We will be playing at

Earlscourt Park St. Clair and Landsdowne Avenue behind the Joe Picinnini Community
Centre by the running track on Saturdays starting July 21 from 3-6.



JOB POSTING: Cook

The Raging Spoon operated by Working
for Change is hiring a cook position for
its catering service!

"We offer a supportive work environ-
ment for people who have encountered
barriers to employment due to mental
health or addiction issues. Previous
commercial kitchen experience would
be a great asset as well as a positive atti-
tude to learning and teamwork. We offer
applicable culinary training and a deep
awareness of survivor challenges in the
work place.

*Working for Change encourages appli-
cations from people representing the di-
verse community we serve. In accord-
ance with the Accessibility for Ontarians
with Disabilities Act (AODA), WFC will
provide accommodations to job appli-
cants with disabilities throughout the
recruitment process. If you require any
accommodations, please notify us and
we will work with you to meet your

needs.



We thank all candidates for their inter-
est, but only those selected for the inter-
view process will be contacted.

Please submit your resume/C.V. either
by mail, walk-in or e-mail to:
The Raging Spoon Catering
Address: 1658 Queen St. W. Toronto, ON
M6R 1B2
Phone: 416.504.6128
Email:

ragingspoon@workingforchange.ca



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.

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

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

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 legacy-fund@gersteincentre.org.

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.

Submission deadline August 15, 2018.

Free and Fun Events

Free Outdoor Movie Showings continue!

CHRISTIE PITS FILM FESTIVAL

June 17 at Fork York. topictureshow.com/fort-york;
June 24-August 19 at Christie Pits. Free/
pwy. christiepitsff.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/
pwy. topictureshow.com.

DANCING IN THE PARK

July 7, August 4 & September 1.
Free. agakhantomuseum.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.

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/>

The library you say!?

Museum + Arts Pass Program

<http://www.torontopubliclibrary.ca/museum-arts-passes/index.jsp>

Sign out a Sun Life Financial MAP Pass with your adult library card and you and your family can get free admission to many Toronto museums and other cultural attractions.

Services for People with Disabilities

include interpretation, large print, audiobooks, talking books, and more.

Ebooks, eAudiobooks, eMusic and eVideo

There are a variety of [eBooks](#), [eAudiobooks](#), [eMusic](#) and [eVideos](#) for children and adults that can be downloaded to a computer or portable device with a valid library card and PIN number.

Centre for Equitable Library Access Collection

Toronto Public Library also offers access to the [Centre for Equitable Library Access](#) (CELA) collection for people who have difficulty reading print due to a visual, physical or learning disability.

More Information

Contact us by email ibby@tpl.ca or by phone at 416-395-5630.

Events

August 03 2018 (Fridays 10, 17, 24, 31) **Crafternoons at Bloor/Gladstone**

Join us Fridays this summer for an afternoon of fun and easy crafts! Coloring, stenciling + paper flowersw

At: 1101 Bloor St W (east of Dufferin St) Bloor/
Gladstone Library **Time:** 2pm – 3pm **Phone:**
416-393-7674

August 06 2018 (Monday) Summer Concert: For Those Who Died Trying

Join us as we welcome New York City's Mivos Quartet for a world premiere performance - part concert, part photo exhibit, part memorial to victims of violence in the environmental community. For Those Who Died Trying is an international collaboration between human rights NGO, Protection International; environmental photographer, Luke Duggleby; and Toronto composer, Frank Horvat.

At: 375 Mt Pleasant Rd (south of Davisville Ave)
Gathering Hall, Mount Pleasant Cemetery

Time: 5:00pm - 6:30pm

Website: <http://frankhorvat.com/event/for-those-who-died-trying-concert/>

August 06 2018 (Monday) Simcoe Day

Fort York comes to life in honour of the first Lieutenant-Governor of the Province of Upper Canada (1793-96) and founder of Fort York and the Town of York – John Graves Simcoe. Walk the historic grounds and thrill to musketry, artillery and music demonstrations presented by the Fort York Guard and Guards from Fort George National Historic Site from Niagara-On-The-Lake and Old Fort Erie. **At:** 250 Fort York Blvd (west of Bathurst St) *Fort York National Historic Site*

Time: 10:00am – 5:00pm

Phone: (416) 392-6907

Aug 7 Mad Stories + Crazy Talks

Is “mental health,” “sanity,” and “happiness” just hokum, pulp, and hooley? Our topic (without a

guest speaker), August 7, 2018. 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

August 08 2018 (Wednesday) Obstacle Course

Join us for an OBSTACLE COURSE. No registration required, drop in program.

At: 4279 Lawrence Ave E (east of Morningside Ave) *Morningside Library*

Time: 2pm – 3pm [If you read this, you are paying attention. Please report back.]

Phone: 416-396-8881

August 11 2018 (Saturday) Paws in the Park

Paws in the Park® has been a staple in our community for years, and this year we would love for you to join us to celebrate 130 years of saving lives! For the second year in a row, we will be doing adoptions right from Woodbine Park! And aside from the adorable, adoptable pooches, there will be extraordinarily delicious food, beer, a pet photo booth, shopping in our Vendor Village, face painting, a caricature artist, free dog training sessions, ...

At: 1695 Queen St E (@ Kingston Rd)
Woodbine Park **Time:** 9am – 4pm

Website: www.pawsinthepark.com

Events

Voice Yoga— Aug 13

Next Voice Yoga will be 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.

Resume Workshop Aug 15 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.

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

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

August 15 2018 (Wednesday) Safe Cycling 101: Bike with Confidence

Cycle Toronto will guide you through everything you need to know about cycling in Toronto. Topics include road rules, safe riding techniques, equipment, choosing your route and more.

Drop in. No registration required.

At: 269 Gerrard Street E (@ Parliament St)
Parliament Street Library – Community Room

Time: 7pm – 8pm

Phone: 416-393-7663

August 18 2018 (Saturday) Rastafest – Health & Wellness Fair & Reggae Festival

Rastafest Reggae festival is a family fun event showcasing different aspect of the Rastafari culture, i.e. ital food, ancestral drumming, live reggae music, arts and craft market place and a

health and wellness community fair.

Health and Wellness Community Fair - 1:00 pm to 5:00 pm Live Entertainment - 5:00 pm to 10:00 pm

At: 1677 Wilson Ave (west of Jane St) *Toronto Plaza Hotel (Parking Lot)*

Time: 1:00pm – 10:00pm <http://rastafest.com/>

August 21 2018 (Tuesday) How to Relieve a Sedentary Lifestyle through Yoga & Mindfulness

This program will outline the detriments of living a sedentary lifestyle with practical solutions for changing this habit. The focus will be on the benefits of bringing movement and mindfulness into one's daily life and demonstrations of movements that can be practiced easily by participants after the presentation.

Everyone welcome. Drop in. No registration required. Free. **At:** 170 Memorial Park Ave (west of Coxwell Ave) *S. Walter Stewart Library* **Time:** 6:30pm – 7:30pm 416-396-3975

August 22 2018 (Wednesday) Chronic Pain Management Workshop

The Chronic Pain Management Workshop, conducted by the Arthritis Society member, is a two-hour program that gives you the tools to help control the pain of your disease.

Registration is required. Please phone 416-396-8890 to register.

At: 496 Birchmount Rd (@ Danforth Rd) *Albert Campbell Library - Leading to Reading Room*

Time: 2:00pm – 4:00pm 416-396-8890

September 25 2018 (Tuesday) Getting a Good Night's Sleep

Delia Silva, RN, Baycrest, explains why sleeping well has a positive effect on your mental and physical well-being. **At:** 789 Yonge St (north of Bloor St) *Toronto Reference Library – Beeton Hall* 1pm - 2pm 416-395-5577

Prisoners' Justice Day

August 10th is Prisoners' Justice Day (PJD), a day that commemorates all of those people who have died behind prison walls. On the inside, prisoners fast and refuse to work, both to honour the dead and to protest the horrible conditions that lead to so many deaths in custody.



Please come to Allan Gardens on August 10th to stand in solidarity with prisoners on this important day, and to raise awareness about the lack of access to harm reduction in prisons/jails that has led to an overdose crisis. **Allan Gardens** 19 Horticultural Avenue (College and Sherbourne inside the Park) 1:00 pm—4:00pm [More info at https://www.facebook.com/events/245689192923826](https://www.facebook.com/events/245689192923826)

*opening ceremony by Wanda Whitebird

*drumming circle, speakers, open mic, harm reduction kits and PJD shirts will be available

*food will be provided for those not fasting

Toronto Disability Pride March

8TH Toronto Disability Pride March is

SATURDAY, SEPTEMBER 22, 2018

Starting at Queens Park (111 Wellesley Street West) and marching to the School of Disability Studies at Ryerson (99 Gerrard Street East) from 1:00 PM to 4:00 PM

Find more at: <https://bit.ly/2uXFB40>

Donate: <https://bit.ly/2NEAs92>



Why we're Marching:

- ⇒ To bring recognition of the struggles and value of people with disabilities as we fight against ableism, sanism and other forms of oppression.
- ⇒ To be visible and show that we have a voice in our community and a right to be heard by taking to the streets.
- ⇒ To celebrate and take pride in ourselves as a community of people with disabilities.

BE LOUD, BE PROUD, COME MARCH WITH US!
The Toronto Disability Pride March aims to promote a **cross-disability atmosphere, that also**

recognizes other forms of oppression such as race, class, gender, sexuality, sanism, etc. We believe the disability movement is strongest in a harmony of voices, not one homogeneous voice. We ask all those who plan to attend the march to respect this approach and the other people within the space of the march.

We would also like to invite people to bring their own noisemakers to the march -maracas, tambourines.

Special Bulletin: September Issue FOOD Access, Advocacy, Fun

Food is an important determinant of health. And getting and sharing good food just feels good. Advocacy for good food is part of creating an inclusive community.

Food for thought:

1. How does food affect your mental health and life?
2. What does the community need to know about? Where do you access healthy/delicious/convenient/affordable food?
3. How would you prefer to get food (food programs, food banks, food banks where you choose what you want, farmers' markets, or just get the cash to purchase and prep your own food?)
4. What barriers prevent you getting good food (money, complicated programs, programs, recipes, inadequate housing, culturally inappropriate food...)



Email resources, strategies, and ideas
bulletin@soundtimes.com

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



Computer Help!

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



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www.soundtimes.com/bulletin.

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