

Sound Times Support Services

280 Parliament Street, Toronto ON, M5A 3A4

EMAIL • bulletin@soundtimes.com

WEBSITE • www.soundtimes.com/bulletin

March:

- Changes to health system
- Privacy & Consent
- Canada Food Guide, Tax Clinics
- Jobs and Events



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 APOLOGIES any **DELAY**

Bulletin Leads:

Defend Disability!

Make sure ODSP stays accessible to all who need it
How should Ontario define it? Federal disability is not accessible to folks with “episodic” disabilities like bipolar, breast cancer. [Take Action https://defenddisability.ca/action](https://defenddisability.ca/action)



Note: Campaign has resources for health practitioners so that they can help you apply.

“Ontario Health” Announced

Big changes: Coordination, central control, local control, public health, but not necessarily public. Local Health Integration Networks are gone. Ontario Health Teams will coordinate care..

Minister of Health Christine Elliot assured the public that there is a "fundamental right to universal access to a publicly funded health care system", but there will be changes. “Access” does not mean full funding or health delivery by a public organization. Ontario Health Teams will coordinate care and may be led by hospitals. Agencies will be encouraged to integrate and follow a common vision. The new Ontario Health super-agency will integrate all of the LHINs plus Cancer Ontario, Trillium and more. . [<https://youtu.be/gn4COa65dv0>] [[Bill 74 https://bit.ly/2tH6vNm](https://bit.ly/2tH6vNm)] More on page 3

Moments in C/S Bulletin History Bulletin 318, March 1, 2006, www.csinfo.ca/bulletin/318.pdf

Back in 2005: Activists marched to save the special diet in 2005. And they saved it!

* * *

AND NOW in 2019

HUNGER MARCH

RAISE THE RATES

**Wednesday March 15
12 Noon**

Metropolitan Church Park at Queen & Church

free community breakfast
call for information

**Poor people
are not able
to eat and
pay the rent.
The special
diet money
has been cut.
March to
demand that
McGuinty's
provincial
government
raise social
assistance
rates.
Demand a
40% raise -
NOW!**



**HUNGER MARCH COALITION
416.760.4979**

endorsed by: Health Providers Against Poverty Ontario Coalition Against Poverty Parkdale Activity and Recreation Centre Regent Park Community Health Centre Toronto Disaster Relief Committee Street Health

Health Spending Accounts - Potential Changes to ODSP & OW

A Health Spending Account [HAS] is a specific limited amount of money that you can spend on your healthcare. We do not know the details of the Ontario government's HSA plan. What is the HSA limit? For what disabilities? How is the money distributed? Will it affect your eligibility for OW and ODSP? [ISAC https://bit.ly/2txujDr](https://bit.ly/2txujDr)

Will the HSA be sufficient for people with disabilities to access services they require to overcome social barriers.

On November 22, the Minister of Children, Community and Social Services announced a number of proposed changes to the social assistance system in Ontario. Among these proposed

changes are the creation of a "Health Spending Account".

The Ministry plans on "redesigning ODSP to consolidate complex supplements and benefits into simplified financial support for people with severe disabilities".

- **Amount of the benefit:** Will a Health Spending Account give people enough money to pay for all of their health-related needs, especially if their costs are very high? ...
- **Access and administration:** ...Will it work like the Ministry's Developmental Services Passports where people have to pay for their needs in advance and then get reimbursed later, instead of getting the money to pay for them up front? ...
- **Eligibility:** Who will have access to the Health Spending Account? If the idea is to "consolidate complex supplements and benefits into simplified financial support for people with severe disabilities," many people with disabilities may be excluded....
- **Impact on eligibility for OW and ODSP:** If the Special Diet Allowance is eliminated and "consolidated" into the Health Spending Account, fewer people will qualify for OW and ODSP in the future. because eligibility for the Special Diet Allowance is part of calculations that are done to see if people are eligible when they first apply for OW or ODSP.

... Survivor history **continues...**

Hallway Health Care: A System Under Strain

Premier's Council on Improving Healthcare and Ending Hallway Medicine Releases First Report

Special Advisor and Chair of the Council Dr. Rueben Devlin. "This report is a first step in advising the government on how to transform Ontario's health care system." Highlights:

- Difficulty navigating the health care system and long wait times have a negative impact on patients' health and on family, provider and caregiver well-being.
- The system is already facing capacity pressures and it does not have the appropriate

mix of services, beds or digital tools to be ready for the expected increase in complex care needs.

- More effective coordination at the system level and at the point-of-care would make the system more efficient and achieve better value for taxpayer money.

Letter to the Premier of Ontario and the Minister of Health and Long-Term Care

Executive Summary Introduction

Chapter 1: The Patient Experience

Chapter 2: Stress on Caregivers and Providers

Chapter 3: Different Health Care Needs

Chapter 4: Immediate and Long-Term Capacity Pressures

Chapter 5: Responsibility and Accountability in Health Care

Full report: <https://bit.ly/2Bbplei>

... Public Healthcare Announcement

[Bulletin: underline added for emphasis]

Minister Elliot: "But one thing I want to make clear, is our government's commitment to the fundamental right of Ontarians of universal access to a publicly funded health care system.

... strengthen our publicly funded health system, which means paying for your services with your OHIP card. While publicly funded healthcare is not up for debate, the structure and effectiveness of our system is."



Ontario Health Teams

Ontario Health Teams would be made up of your local health care providers, and will be organized in a way that will enable them to work as a coordinated group.

"...And a great part about Ontario Health Teams is that they will rely on leadership that already exists in the community, rather than create another level of bureaucracy and management."

Agencies, systems planning

"And that includes looking at how best to structure our agencies.

ture our agencies.

This approach to system planning has led to the development of many discrete agencies, each working toward a separate vision, following a distinct workplan and embracing at times divergent views on how to deliver the best possible care to patients.

These agencies also often focus on specific patient populations or disease states, while the reality is that people are whole individuals, who span multiple groups or areas of focus.

[Bring] A common vision. A single point of oversight. A united

effort to get from where we are, to where we need to be."

"Ontario Health" new overarching agency

To bring the best of our system together, and form deep roots that will put health care in our province on a solid foundation for the future.

It will be a single and harmonized home for programs and operations of existing provincial agencies...

[B: Thoughts, worries, what have you heard?]

New\$, Rights, Actions

Reports and proposals for Safe Supply

Safe Supply—Legal and regulated

Full report at <https://bit.ly/2EpGQz1>

HOW “SAFE SUPPLY” IS DEFINED Safe supply refers to a legal and regulated supply of drugs with mind/body altering properties that traditionally have been accessible only through the illicit drug market. Drugs included are opioids such as heroin, stimulants such as cocaine and crystal methamphetamine, hallucinogens such as MDMA and LSD, and marijuana.

SAFE SUPPLY

CONCEPT DOCUMENT

February 2019



Canadian Association of People who Use Drugs®

#SAFESUPPLY CONCEPT DOCUMENT

16 PAGES | TAKE AS NEEDED | USE TO PREVENT OVERDOSE DEATH | MADE IN CANADA

CAPUD.CA

Drug Policy Experts Call for Legal Heroin Sales to Combat Overdose Crisis

A new report cites medication buyers clubs that emerged during the HIV/AIDS crisis as a model for its proposed heroin buyers clubs.

The BC Centre on Substance Use released a [Report on Heroin Compassion Clubs: A cooperative model to reduce opioid overdose deaths & disrupt organized crime's role in fentanyl, money laundering & housing unaffordability](https://bit.ly/2txA8AX) (<https://bit.ly/2txA8AX>) released on Thursday builds on the research and advocacy of many healthcare and drug policy experts who have called for a regulated supply of drugs that are only available through the illicit market. [VICE article](#)

Medical-record software companies are selling your health data

The Toronto Star reports: <https://bit.ly/2txcvZi> —Sheryl Spithoff, Feb. 20, 2019

...One of the companies [IMS Brogan, Privacy Analytics all owned by IQVIA] that sells and supports EMR [electronic medical record] software in primary care practices in Ontario is also selling health data on the side. The company anonymizes the data — strips names and other identifying information from the health records — and then sells it to IQVIA, a U.S.-based health data giant. IQVIA describes the process but does not name the EMR company selling

the data in its promotional documents.

...There is no active monitoring of the EMR companies that gather, de-identify and sell data, or of the company that buys and links the data in Ontario. OntarioMD does not provide oversight or conduct audits. The EMR companies have to sign-off agreeing to privacy standards but then after that it is based on trust.

Bulletin: Do you think that the information you provide to your doctor or healthcare provider should be sold to a private company to be used for private profit?

What did you consent to? See privacy on page 5.

News, Rights, Actions—PRIVACY

Your Health Privacy Rights

- Hospitals, doctors, mental health agencies etc. have obligations to protect privacy.
- Enforced by the Information and Privacy Commission (<https://www.ipc.on.ca/health/>)
- Ontario's health privacy legislation is the [*Personal Health Information Protection Act \(PHIPA\)*](#), establishes a set of rules regarding your personal health information (PHI).

PHIPA gives you the right to:

- be informed of the reasons for the collection, use and disclosure of your personal health information;
- be notified of the theft or loss or of the unauthorized use or disclosure of your personal health information;
- refuse or give consent to the collection, use or disclosure of your personal health information, except in certain circum-

stances;

- withdraw your consent by providing notice;
 - expressly instruct that your personal health information not be used or disclosed for health care purposes without your consent;
 - access a copy of your personal health information, except in limited circumstances;
 - request corrections be made to your health records;
 - complain to our office if you are refused access to your personal health information;
 - complain to our office if you are refused a correction request;
 - complain to our office about a privacy breach or potential breach; and
- begin a proceeding in court for damages for actual harm suffered after an order has been issued or a person has been convicted of an offence under *PHIPA*.

Privacy Tip: Consent

Do you remember signing a consent or getting privacy information when you started with a new doctor, agency or health service? Did you have a choice to sign the consent if you wanted to receive service?

[Consent explanations from the IPC](#)

bit.ly/2E83GK9 Real CONSENT:

- must be your consent or the consent of your substitute decision-maker
- must be knowledgeable
- must relate to the information that will be collected, used or disclosed
- must not be obtained through deception or coercion

Consent should be time limited and it should only be for certain uses. For example, I want supportive housing but I might not want to have my information shared with a rehab facili-

Privacy Principles for Health orgs

Key is consent, limited collection, limited use, and accountability / complaints process:

[Principle 1 – Accountability](#)

[Principle 2 - Identifying Purposes for collecting](#)

[Principle 3 - Consent](#)

[Principle 4 - Limiting Collection](#)

[Principle 5 - Limiting Use, Disclosure, and Retention](#)

[Principle 6 - Accuracy](#)

[Principle 7 - Safeguards](#)

[Principle 8 - Openness](#)

[Principle 9 - Individual Access](#)

[Principle 10 - Challenging Compliance](#)

New\$, Rights, Actions... HOUSING

["Insulated Shelters \(iglou\) - are an innovation to save lives."](https://www.iglou.fr/eng) [https://](https://www.iglou.fr/eng)

www.iglou.fr/eng

The iglou is made out of Styrofoam pieces and lined with aluminum for fire resistance and heat retention. The 3 pieces are stackable and easily transportable. They only cost 250 Euros in France partly because of volunteer and community support! The plans are available for free to qualified people they "think are competent to carry the project in their countries. Simply send a CV/resume here: contact@iglou.fr"

The creators

The project came out of volunteer engineers rather than governments or businesses (Geoffroy de Reynal, a renewable energy engineer and Alice Lainé, a software de-



velopment engineer). This doesn't necessarily mean that they have a social, human rights and dignity perspective on homelessness and civil inclusion. But that also is not their role.

Iglou and dignity

Can you see this in Toronto? What would be more surprising to you - that the city would wrap homeless people in styrofoam or that the Iglou would not be available and people had to endure less privacy and fewer shelter options?

Do you think a solution like this would be more or less likely to lead to dignified affordable housing? The image of little tubes containing people sprouting around Toronto streets might be hilarious, threatening, or tragic. But it might also be necessary. They are definitely cheaper than the big tents. And they could be set up around a central shower and service centre to allow privacy and "efficient" service... Yes that is an argument for tubes over tents. ... Not a long term solution.



Supportive housing should play 'critical' role in city's 10-year plan, says board of health

Lauren Pelley CBC News Feb 26, 2019 bit.ly/2EbUogg
As the city develops a new 10-year housing plan, board of health chair Joe Cressy is calling for that planning to happen through a public health lens — with a focus on building more supportive housing for people with mental health and addiction issues.

"Having adequate, appropriate housing — with the supports that allow people to enjoy good health — it's super important as far as public

health is concerned," echoed De Villa.

One [2018 report](#) using data from The Access Point, the coordinated access system for supportive housing in Toronto, stressed the demand for supportive housing "far outstrips supply," with more than 4,000 new applicants over a recent two-year period and fewer than 600 placements.

[Bulletin: calls for housing by the City of Toronto often include a call to the Province and Federal government to help fund. Who is ultimately responsible and who will actually follow through? Waiting will lead to more condos and no space for supportive housing.]

Canada Food Guide 2019

Food Guide - changes and challenges

When did you last eat a vegetable or drink water? We know food is important for our bodies and minds - health inside and out. The question some of us might ask is how can we afford and access this wide range of foods if we don't know how prepare and can't afford it. We may not have the money or the time or even access to a kitchen. Perhaps we need to advocate for all three of those things plus better representation of this guide in any meal programs we use, including for seniors and youth.

[Read more on Maclean's website.](#)

Recent Big changes include:

Eat a variety of healthy foods each day

- Have plenty of vegetables and fruits
- Choose whole grain foods
- Eat protein foods
- Make water your drink of choice

Ways to think about food

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Use food labels

Limit foods high in sodium, sugars or saturated fat

Be aware of food marketing

Eat well.

Live well.



[==>More about food and mental health in the Food Bulletin issue.](#)

Can you afford the Food guide?

Our Challenge: In an op-ed for Maclean's, Nick Saul writes that while we have an evidence-based food guide that tells us what we should be putting on our plates, we need to make sure *everyone* can put those plates on the table.

We must find a way to channel the noise and interest generated by the arrival of the new food guide into a re-energized conversation about how to ensure that every Canadian has enough money in their pockets to make the food choices that are best for their health and the health of their families. — Nick Saul, President and CEO, Community Food Centres Canada

News, Rights, Actions

Social Disability Model & Cellphones

The medical model says that disabilities come from the individual with impairments (vision, wheelchairs). As many of us know our disabilities arise from context and the way that our differences or impairments meet the world. Our weird selves don't fit social physical expectations or structures. This social model means that the solution to disability issues is changes in society/environment. Sometimes that is looking up from your cell phone.

[From Accessibility News International - \(bit.ly/2GNsI55\)](http://bit.ly/2GNsI55) 18/02/2019

What It's Like To Be Blind In A World Of People Distracted by Cellphones.

18/02/2019

I was born with optic atrophy, so I have a very narrow field of vision. I basically just see out of one corner of my left eye.

I use a white cane, and when you're born with this condition, it's just natural that you learn to walk with a cane and travel quite confidently.

But I'm relying on people to see me. And it doesn't always happen that way.

We think of distracted drivers, but we don't think of distracted pedestrians – and they can be just as dangerous.

Fellow pedestrians who are staring down at their devices, engrossed in a phone call, text or e-mail message have made walking a challenge for me. There have been numerous times people have walked into my path.

...I mean, I don't want to trip anybody, but inevitably, somebody does walk in the path of my cane. You'll

get some interesting reactions.

I love when people say, "I didn't see you." Well. You do have to have a good sense of humour.

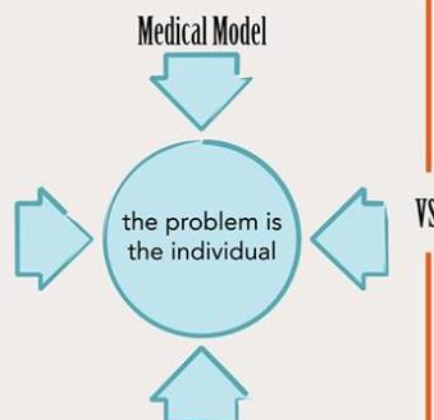
Shelley Ann Morris lives in Ottawa.

As told to Wency Leung

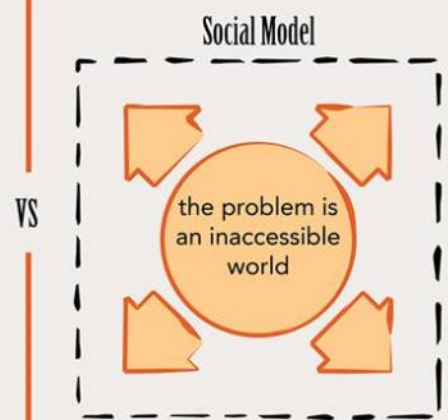


Madness, neurodivergence, & the Social Model of Disability

vermont
psychiatric
survivors



Extreme states and mental differences are diagnosed as **psychiatric disorders**. These disorders require treatment, which may include medication, behavioral interventions, or therapy. The goal of each of these treatments is to address the problem within the individual, and make us appear more sane or neurotypical.



Extreme states and mental differences are not the problem. We're **disabled by our social environment** which contains barriers such as discrimination, isolation, coercion, confinement, and violence. The solution is to remove and dismantle these barriers. Drugs or therapy can still be utilized as optional accommodations if desired.

Income Tax—Do it for the GST/HST refund and more

Free tax preparation options

- Often available for people on ODSP, OW or low income.
- Income cut-off is often income your income is under \$30,000
- Available from agencies, hospitals, some politicians, and more.
- Search the Canada Revenue Agency list online: <https://bit.ly/2xUydtb>
- And call before you go to a clinic to make sure they are open and that you qualify.
- File taxes for the HST and because it can help for rent and loan applications.
- Sound Times will not be providing income tax services for the general public but we can refer you to a nearby clinic.



Good news, there are too many clinics to list here. We will post links and names on our web-site. Just make sure to contact them before you go.

Tax Scams

Find out [what the CRA will and will Not say to you by phone, email or mail on their site](http://www.cra-arc.gc.ca/) (<http://www.cra-arc.gc.ca/>)

There are too many scams to list, but the key to detecting a scam is that the CRA is not going to phone or text you out of the blue to demand payment. They definitely do not want payment in gift cards. If you are unsure about any of their requests, ask them for their name, job title, a phone number and extension. You can then check their information by calling the **CRA fraud number: 1-800-959-8281**

The CAMH support you really wanted: Client Income Tax Clinic

Hosted by the CAMH Social Determinants of Health Service, this free tax preparation service is open to all current CAMH clients with a gross annual income of less than \$30,000 (no dependents) or \$40,000 (with dependents or spouse).

The clinic will be help on March 7th between 9-12 and 1-4 in the Old Gym in the Queen Street CAMH Community Centre.

Appointments are required – contact Cynthia.gomes@camh.ca (tel 416-535-8501 x.36913) to register or emailsds@camh.ca for info about eligibility, required documents, etc .

Remember to bring your tax slips and receipts

Volunteers need them to prepare your income tax and benefit return. If you are missing a tax slip, you may be able to get a copy online. For more information, see [tax slips](#).

1. Look-up a location
2. Book an appointment
3. Bring all of the notes, receipts and documents

you have. And bring your previous notice of assessment

4. You can get a income tax return even if you didn't work. And you can get those HST cheques flowing.



Employment Opportunities

Sound Times Support Services

Community Service Worker – Mental Health & Justice/Case Management

1 Full Time – Permanent Position Available

Sound Times is expanding our case management team again in 2019. Come join a dynamic team; making a difference in the lives of Consumer Survivors.

We are a Consumer Survivor Initiative; all agency services are provided by individuals who use or have used the mental health system.

The successful candidate will be responsible for providing individual supports for clients seeking help navigating community resources, and accessing mental health and addiction services.

Duties will include:

...Producing effective client outcomes by employing “peer-driven” approaches to client engagement....

Qualifications:

A Bachelors-level degree in a regulated health profession and/or a health-related field preferred.

Minimum Social Service Worker (SSW) diploma.

People with non-social service degrees are also encouraged to apply. Emphasis is placed on “lived experience” of the Mental Health, Addictions and Justice systems.

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

Please apply using the current Charity Village posting ONLY.

Salary: \$48,500 per annum, with full benefits after probation.

Only those selected for an interview will be contacted. No phone calls or emails please!

Community Service Interns at Sound Times

Multiple Positions Available - Applications accepted throughout the year.

One Year Paid Internship, with shifts each day Monday through Friday

Afternoon and Evening Shifts Required

Location: 280 Parliament Street, Toronto

2340 Dundas Street West, Toronto

We are expanding our staff group to include Consumer/Survivors committed to completing a year-long intensive internship. The goal of this internship is to acquire the skills, education and understanding necessary to seek employment with organizations affirming the value of lived experience for frontline social service work.

There is no minimum education requirement to apply, though the training will involve workshops and in-house classroom learning with assigned reading.

Candidates interested in applying should submit a resume (if available) to hiring@soundtimes.com. Applicants lacking a resume should apply by means of a written submission outlining why they are a good candidate for this opportunity. Deadline for applications - Applications accepted throughout the year.

Not all applicants will be selected for interview.



Employment Opportunities

Fresh Start Cleaning and Maintenance

Manager (Supervisor of Staff)



Fresh Start Cleaning and Maintenance solely hires individuals who are dealing with mental health issues to perform services offered by the company. This position requires the following,

- To uphold Fresh Start's mission, vision, and values.
- To perform the duties and expectations of the site specifications as an active extreme, one-off, snow removal, lawn care, and/or contract cleaning participant at all times.
- To perform duties in a proper and safe fashion at all times in environments that may involve any or all of the following: needles, bugs, pests, and/or hoarding situations and de-cluttering.
- To liaise professionally with clients, community workers, and their clients utilizing exceptional communication, interpersonal and leadership skills at all times.
- To participate in hiring, training, and the evaluations of employees as needed.
- To ensure all paperwork necessary for job reporting and inventory management is recorded and submitted in a timely fashion.
- Must have basic computer knowledge in excel and word.
- Having a valid driver's license in Ontario class "G" or higher, not under suspension is an asset.

All applicants must confirm in their cover letter or impact statement that they are a person dealing with a mental health issue.

Application due: March 31, 2019

Karen Schwartz

Human Resources Coordinator
Fresh Start Cleaning and Maintenance
3345 Dundas Street West
Toronto, ON M6P 2A6 T: 416-504-4262 ext. 227
F: 416-504-3429 karen@freshstartclean.com

Charity Village—jobs, tools

Many of us are looking for jobs that relate to our mental health or drug use experiences. We have some sort of lived experience that might add to our explanation. Or we might want to give back to the community.

Charity Village allows you to search by key word for different types of jobs and to apply directly to many jobs. You could try searching "mental health", "substance use", a specific diagnosis, or worker.

You need skills plus lived experience for many of these jobs. Organizations like Fresh Start and Sound Times have affirmative hiring policies but they also look for your abilities and training.

Tip: There are also always jobs in fundraising. If you like selling and customer service experience this is a great start.

Charity Village also has a Knowledge Centre to help you learn about the sector and career assessment questionnaire, and tips on job searches:

- [The importance of data for small nonprofits](#)
- [How small charities can win at fundraising](#)
- [Seen and not heard: The colonial roots of fundraising](#)



Free and Fun Events

March 2-3 Reclaiming Our Bodies and Minds (ROBAM)

Nothing About Us Without Us An Inter-Campus Disability Conference in Toronto

March 2-3, 2018, Ryerson Student Centre

Keynote by Sarah Jama FREE ATTENDANCE
RSVP at robam2018.eventbrite.ca

March 06 2019 Wednesday) Free Concert Series: Vegas Breeze

At the Four Seasons Centre! JAZZ SERIES - Former Nylons frontman Micah Barnes explores the sound of the Las Vegas with songs from his new album, Vegas Breeze.

(Concert dates: Mar 12, 14, 19 & 20 Apr 03, 04, 09, 10, 16, 17, 18, 23, 25 & 30) (different performers each time, concerts take place @ 12pm or 5:30pm)

At: 145 Queen St W (@ York St) *Four Seasons Centre For The Performing Arts - Richard Bradshaw Amphitheatre* **Time:** 5:30pm: <https://bit.ly/2HEt3TV>

InkWell Writer Workshops

<http://www.inkwellworkshops.com/schedule>

Poetry w/Stuart

- Wednesday, March 6 and 27 2:00—4:00

Writing for Young People w/Mahak

Wednesday, March 13, 2019 12:00-4:00

Facing Your Inner Critic w/Mahak

- Wednesday, March 13, 2019 12:30-1:30

Blue Pencil w/Kathy

- Wednesday, March 20, 2019 12:00-2:00

Fiction w/Kathy

- Wednesday, March 20, 2019 2:00-4:00

[InkWell submitted their events using our community calendar: <https://soundtimes.com/events/community/add>

IWD TORONTO 2019 RALLY & MARCH

WE ARE FEARLESS

Organizing Our Communities

Supporting Each Other

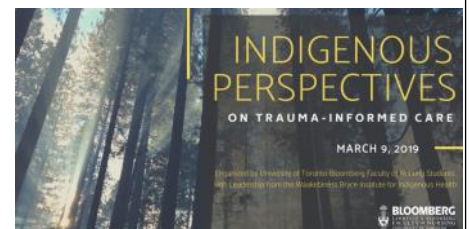
Growing The Resistance

Saturday, March 9, 2019 Rally from 11:00am – 1:00pm Auditorium, OISE (Ontario Institute for Studies in Education). 252 Bloor Street West Toronto, ON M5S 1V6 March starts at 1:00pm Rally & March organized by Women Working with Immigrant Women & IWD Toronto. ASL interpretation available other accessibility requirements contact iwdtoronto.committee@gmail.com

March 9 Indigenous Perspectives on Trauma-Informed Care

[Lawrence S. Bloomberg Faculty of Nursing, University of Toronto](http://www.uoft-itic2019.eventbrite.ca/) Saturday March 9 from 8:30 - 4:00 at 155 College Street, Toronto, Ontario M5T 1P8 Tickets: uoft-itic2019.eventbrite.ca/

Topics include: Intergenerational trauma & homelessness, Indigenous wellness paradigms, S2 and LBQT trauma-informed histories, suicide crisis, intercultural models of harm reduction, and much more! [Registration fee]



March 13—The Invisible Heart. A Documentary About Social Impact Bonds

Join the Social Entrepreneurship Experts Speaker Series at Rotman for a film screening and discussion An unorthodox marriage between government services and private-sector investments, this burgeoning financial model promises to solve society's most complex problems, from crime to homelessness—but is it delivering?

To register: www.eventbrite.ca search "The Invisible Heart. A Documentary About Social Impact Bonds" **At:** 105 St George Street (south of Bloor St W) *Rotman School of Management* 2:15 = 4:15

Free and Fun Events

March 19 Flying to Freedom

Al Green Theatre 750 Spadina Ave, Toronto, Ontario M5S 2J2, March 19 1-5 pm [Info and tickets: //bit.ly/2EbhnRP](https://bit.ly/2EbhnRP)

Hear and learn about engaging and diverse projects that are addressing institutionalization and supporting survivors and people who have an intellectual disability to lead meaningful lives in the community.

March 21 Migrant Rights in Canada: Resisting Racism, Seeking Justice

Marking International Day for Elimination of Racial Discrimination (IDERD), Urban Alliance on Race Relations and Toronto and York Region Labour Council co-host. Seeking Justice At Toronto City Hall from 7-9pm Thursday March 21

The Xenophobic narratives about refugees and migrants have been on the rise, emboldened by a few but significant number of political representatives and media outlets. It is extremely critical that we put forward a concerted, focussed and united effort to push back against increasing hate and racism.

Friday, March 22 Launch of Cell Count #87, the courage issue

Courage in the face of confinement: personal stories of resistance from in and out of prison

Join us for the launch of Cell Count #87, the courage issue. When: Friday, March 22nd, 7pm-10:30pm!

Cover: \$5 or pay what you can, and each attendee will receive a free copy of Cell Count. A bit about Cell Count: "Cell Count started at PASAN in 1995 by Zolton Lugosi as a newsletter by and for prisoners, and others concerned with the HIV crisis in prisons. During this time, people in prisons living with HIV were not given equal access to health care, and treated with cruelty and isolated due to misinformation and stigma from those running the prisons, which carried over to other prisoners. Cell Count was a platform that prisoners living with HIV used to counter this misinformation through articles, poetry, artwork and other contributions.

Back issues of Cell Count here: www.pasan.org/cell-count

March 28th Safe Injection Comedy Fundraiser: Toronto Edition

Date: Thursday March 28, 2019

Times: doors at 8pm, show start at 9pm

Location: 120 Diner, 120 Church Street, Toronto, Ontario

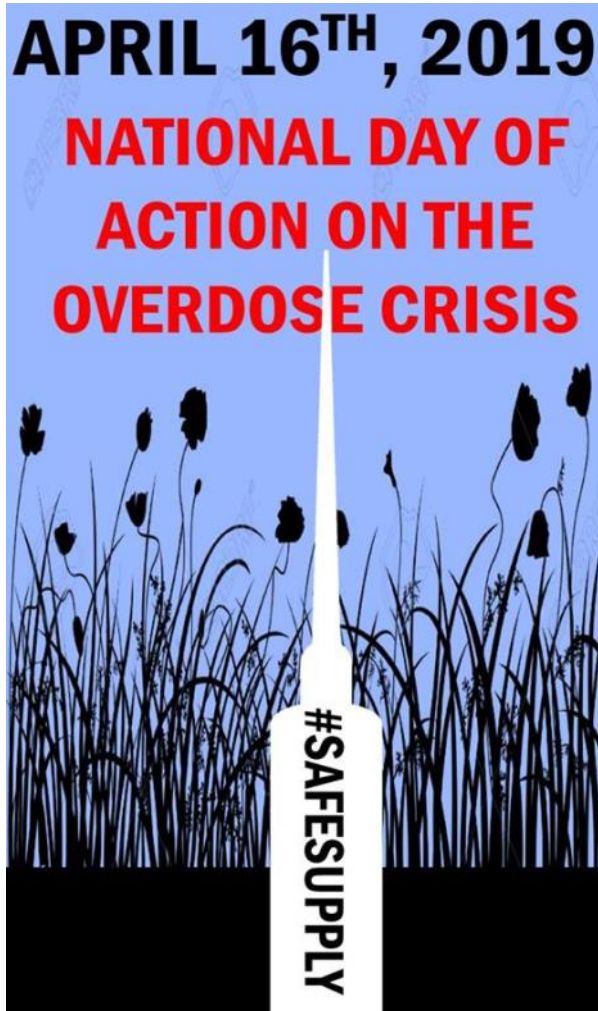
Price: \$15 at the door

Can laughing help in adverse times? We think so. Tickets to this night of comedy and community are \$15 at the door (if this doesn't sell out) and all of the money raised will go directly to their responsive, life-saving work. Doors at 8pm, Show starts at 9pm. General seating, so come early. (no online or pre sales)

And of course download the event guide from www.soundtimes.com/bulletin a much bigger listing of events prepared by Amber Graydon.



FYI: Get Ready. April 16th, 2019 National Day of Action on the Overdose Crisis. We are united for [#SafeSupply](https://www.facebook.com/SafeSupply). CAPUD.ca



Marijuana pardon process

Federal Public Safety Minister Goodale "is going to put the House of Commons on notice that a bill will soon be introduced to provide "no-cost, expedited pardons for simple possession of cannabis." <https://bit.ly/2UcfkdV>

Petition: <https://www.cannabisamnesty.ca>

Get Computer Help!

Martha Gandier

(gandier47@hotmail.com) offers fellow consumers/survivors free computer advice and support.



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