

Sound Times Support Services

280 Parliament Street, Toronto ON, M5A 3A4

EMAIL • bulletin@soundtimes.comWEBSITE • www.soundtimes.com/bulletin

April:

- Personal health information
- Drugs (sites), cognitive liberty, prisons, housing
- Jobs and Events

April 11—Ontario Budget



Greet us:

bulletin@soundtimes.comAdd 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 APOLOGIES any
DELAY**

Bulletin Leads:

The Ontario Government has identified areas of the health system that are broken. They are going to make changes. The Bulletin will try to share the results but we appreciate any updates you have, including from contacting your MPP, which you can do by email, phone or in person.

Privacy is a big theme in this issue because personal health information is expanding and will be used in different ways than we expect. Our health records will be electronic, transferrable and researchable. But they will also be more vulnerable to hacking and (prejudicial) misuse.

* * *

Safe spaces to use drugs are decreasing in Ontario and Toronto

Note: [Toronto sites are changing fast: https://bit.ly/2QKHVt5](https://bit.ly/2QKHVt5)

“The Government of Ontario is putting people and communities first, and has reviewed all Consumption and Treatment Services applications and approved 15 sites in areas with the greatest need. These sites will serve as part of the government's plan to increase mental health and addiction services and supports. <https://news.ontario.ca/mohltc/en/2019/03/consumption-and-treatment-services-sites.html>”

Not approved sites: as of March 31 at 11:44pm

- **St. Stephen's Community House Kensington Market – Corner Drop In Centre Overdose Prevention Site (Temporary)** 260 Augusta Street
- **Toronto Public Health The Works – Supervised Injection Service** 277 Victoria Street
- **Will stay open in April—Street Health** 338 Dundas Street East—Toronto

Moments in C/S Info History

Volume 3 Issue 1 March Bulletin 318, April 1, 2007, <http://www.csinfo.ca/bulletin/344.pdf>

Back in 2007: Where I've Turned for Support By SP (Anonymous author)

I struggled with episodes of feeling life was not worth living and I would not admit it to anyone because I felt ashamed for having those thoughts and I did not know about depression. It eventually got worse and one day I realized if I did not go get help I would not survive. This was late in my life.

I received very good help at the Lakeshore Outpatient Clinic and I learned what had contributed to making me feel like ending my life. ...

... As the label consumer/survivor states we are consumers and that means we are entitled to choose carefully the best products or services. If you were choosing a lawyer you would want to hopefully find the most competent one or risk losing. It is no different with mental health services and as a consumer you are entitled to the best help you can find. The choices are often a lot less if you are poor, which is very unfortunate, but you still deserve to try and find the best care because your life is at risk.

* And in 2019 *

Consumer Survivors in 2007 had better access to housing than today. Survivors have less power and rights as consumers than the average Walmart customer. We can't return the therapy or drugs for a refund. We can't sue for a slip-and-fall.

There are lots of navigators in the system but there is not a lot of useful reviews or choice about which services you want to use. This is why the Bulletin tries to refer to different ways to participate.



It is still hard to find information about quality services even though the internet is better than in 2007. Of course, the key is to have service to choose from. And as consumers we don't have money in our pockets to pay for them. We need to be more than consumers.

Our rights come from fighting for what we deserve as humans. Governments may not realize how important we are because they look past us. There are big changes coming in Ontario. Ready?

Survivor history **continues...** And [check out the Disability Justice Network of Ontario](#)—more ideas for Justice in May!

FYI: Ontario Government— Update on Health system

See video at : <https://www.youtube.com/watch?v=i81ihi8ML1A>

You deserve better care

We are building a connected health care system to improve the patient and caregiver experience and strengthen local services. These changes will make it easier for you to navigate the system. Providers will work together to take the guesswork out of transitions, where we know patients often feel lost and unsupported.

What it means for you

As we improve our public health care system, your needs as a patient will be put front and centre. The new system will be designed to ensure patients receive the best care — no matter when and where they need it.

What's changing

We are working to improve your health care experience and services so you would have:

- one integrated team of health care providers working together to meet your needs
- a medical record that both you and your providers can access easily help in navigating the public health care system 24/7

Who to contact

If you have a health concern, continue to contact your health care provider.

Get fast, free medical advice via Telehealth
1-866-797-0000



Find home care or long-term care 310-2222

Access community mental health and addictions services 1-866-531-2600 (Connex) or 1-800-668-6868 (Kids Help Phone)

What they'll do

If you need to see different providers or receive care in different settings, your team will work together to make sure you get the care you need. Your Ontario Health Team will:

- know your health history
- be aware of health care services in your area
- help you navigate the system 24/7
- ensure your referrals get to the right place
- receive and share health records with you, such as test results
- provide you with digital options, such as online access to health records and virtual care

Providers will also be able to safely and seamlessly access your health care record and share it with other members on the team. This way you'll never feel like you are discharged from one provider to the next.

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

Ontario Health Teams (OHT)

Wouldn't it be great to get the healthcare you want in a coordinated way? There have been lots of other efforts. Who should be in charge? Who should be on the team?

Hospitals are potential "Leads" of the OHTs.

Who has had the biggest negative/positive effect on your mental health: hospital, community, survivor initiatives, peers, friends, libraries, gyms? How will hospitals work with community orgs?

The OHT structure matters because of finance and who will have control and be accountable.

How do you think your voice and needs will be met? In a world concerned about hallway medicine and cutting wait times for operations how does mental health fit? How can consumer survivors and people who use drugs get the services they want and have control of their lives if their services are tied into the much broader hospital system?

News, Rights, Actions—PRIVACY—PHI

Personal Health Information (PHI)

PHI isn't just the "medical" stuff you think about.

PHI = oral or written information about you, if the information:

- relates to your physical or mental health, including family health history;
- relates to the provision of health care, including the identification of persons providing care;
- any other information about you that is included **in a record containing** personal health information (s. 4(3)).

PHI can include information from police, parole,

CAS, schools and more. These are legally called non-Health Information Custodians (HIC). Once this information from non HICs gets in your health record at an agency, doctor, or hospital it is permanent.

If the record is shared the information can be used for or against you. This is great when you want your x-rays shared, but it may be a problem when your health record is being subpoenaed or your pain doctor does not believe you because of a mental diagnosis. Be clear with providers about your needs and privacy expectations. You can limit access to information by having the organization holding PHI lockbox it. You can lockbox diagnosis, events but there are limitations. More next issue.

Do you think that your PHI should be sold to a private company to be used for private profit?

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 ...that sells and supports EMR [electronic medical record] software in primary care practices in Ontario is also selling health data on the side. ...

...This practice, however, raises several concerns, including the risk of re-identification of individuals in the anonymized data and the lack of active monitoring by a regulator. It is also concerning that this resource could be used for public good — for example, determining the prevalence of depression in certain patient groups —and is instead captured for private gain.

...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...."

Bottom line: Who controls your PHI? Did you consent? What happens when it is loose?

Personal Health Information leaking is a breach rights and dangerous for survivors

Patient data exposed at 2 Toronto hospitals, privacy commissioner investigating

CITY NEWS BOBBY HRISTOVA POSTED MAR 25, 2019

"The University Health Network (UHN) has changed the way it uses pagers to communicate after an investigation by 680 NEWS revealed more than 200 patients' private information was easily accessible to the public. ...

"We turned off any communication of personal health information over the paging systems," said David Jaffray, executive vice president of technology and innovation at UHN.

"We reached out to our staff and reminded them of the importance of not putting patient health information on systems without encryption, like the pagers. We also reached out the Ontario privacy commissioner."

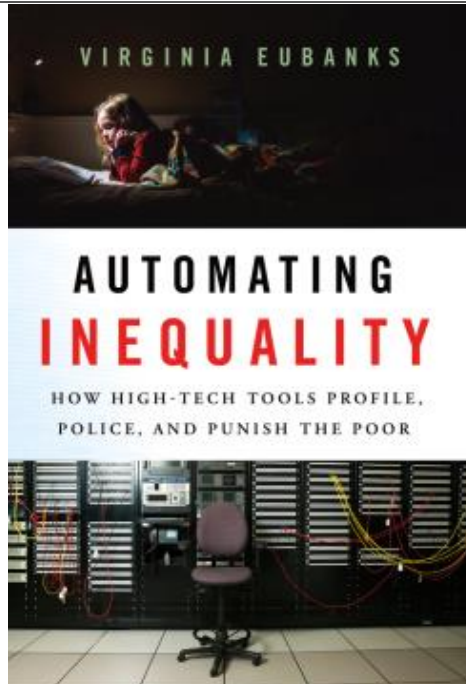
Bottom Line: A well resourced hospital was still vulnerable to PHI breaches. Organizations need a culture of privacy that understands how important PHI is to survivors.

News, Rights, Actions—PRIVACY

Good intentions and objective artificial intelligence can still lead to oppression:

In *Automating Inequality*, Virginia Eubanks systematically investigates the impacts of data mining, policy algorithms, and predictive risk models on poor and working-class people in America.

"... automated systems control which neighborhoods get policed, which families attain needed resources, and who is investigated for fraud. While we all live under this new regime of data



analytics, the most invasive and punitive systems are aimed at the poor."

Great lecture at: <https://youtu.be/g1ZZZ1QLXOI>

Note: This is not happening in Ontario yet. But it has already begun in the USA.

Survivors can learn and shape this as a community. Otherwise, AI could be a tool of social service rationing & inequity & oppression.

Online monitor of people with disabilities?

[**Bulletin:** Should governments be monitoring our activities online just because we have disabilities? The targeting of people receiving ODSP instead of other groups receiving benefits could be discrimination. Would the government target rich tax avoiders or drunk drivers' facebook posts?

Engadget article at: www.engt.co/2TGv0sV]

Trump administration may monitor social media to catch disability fraud (updated)

While Republicans love the Trump administration proposal, disability rights advocates are worried that Facebook photos could be an inaccurate barometer of a person's current physical state. "Just because someone posted a photograph of them golfing or going fishing in February of 2019 does not mean that the activity occurred in 2019," chairwoman of the Consortium for Citizens with Disabilities Lisa D. Ekman [told](#) the *Times*. ...



"Stalking people's Facebook and Twitter has been a [popular strategy](#) throughout Trump's time in office. Immigration and Customs Enforcement, under the Department of Homeland Security, has ramped up [social media surveillance](#) of both Americans and [foreign visitors](#). The US Border Patrol was found to be compiling a [database](#) of journalists, activists, and other social media influencers involved in work related to the migrant caravan. The American Civil Liberties Union and ACLU of Northern California is currently [suing](#) the Trump administration for information related to its social media surveillance.

New\$, Rights, Actions—Crystal meth

Why “Meth Equals Death” Isn’t Working as Drug Policy

<https://nowtoronto.com/news/crystal-meth-chemsex-queer-community/>

Crystal meth: The myths and realities of chemsex in the queer community—BY JONATHAN VALELLY, NICK BOYCE, ZOË DODD, ALEXANDER MCCLELLAND, MIKIKI

Now Magazine FEBRUARY 23, 2019

As a group of queer drug users, service providers and activists working with people who use drugs, including crystal meth, years of lived experience and work in our communities has shown us that this kind of drug prevention messaging doesn’t work – and in fact has unintended negative consequences like reinforcing stigma, shame and silence.

[In his recent article in NOW](#), queer educator and activist Tim McCaskell suggests that there is an epidemic of silence around the increase in queer people experimenting with crystal meth during

sex.

...Activists, users and experts across Toronto have been working tirelessly over the years to create effective and nuanced responses to meth.

...Effective prevention is about building community and self-worth, addressing mental health and housing and working through trauma. It’s about promoting well-being and preventing folks from being left without resources and support.

Learn more: [The Gay Men’s Sexual Health Alliance](#), Ontario Harm Reduction Network, Community Health Centres, [The 519](#), And [CAMH Rainbow Services](#)

[F]ear will only encourage silence and [silence equals the death of supportive and safe spaces](#), honest conversations, information sharing and compassion and understanding – all of the things needed to ensure effective interventions to pragmatically, non-judgmentally and holistically address meth use in our community.

From *Vice*: Changing the Way We Think About Meth <https://bit.ly/2WxWAX8>

Last year, he was paired with a subsidized housing worker in Toronto who suggested he attend a drop-in program at St. Stephen’s Community House in Kensington Market specifically for people who use crystal meth.

...The program is one of a number of recent harm reduction initiatives around Toronto specifically

dedicated to meth as a response to reports of [rising meth use](#)—and meth-related harms—especially among youth in their late teens and early 20s. This includes the Crystal Meth Project at St. Stephen’s, innovative medical treatments, a

bicycle workshop, and education efforts within LGBTQ+ communities.

St. Stephen’s launched the Crystal Meth Project as a pilot program in December of last year.

“Focusing on crystal meth is the revolutionary part of it,” Casey Schapel, the project’s coordinator, told VICE. The program is capped at 20 participants and case management is tailored to the needs of people who are street-involved

whose substance of

choice is meth. Participants are linked with social services, basic harm reduction supplies—sterile syringes, pipes, etc.—and also food, companionship, and a place to take a quick rest.

Often Opioid “treatment” = hospital
Crystal meth “treatment” = police

28 Ways to Make the World Less Hostile to Mad, Neurodivergent, and Psychiatrically Disabled People

Bulletin: Tips to learn, teach, advocate and create a less hostile and more inclusive world for ourselves—great to share with friends, family, allies.

[Radical Abolitionist By Kazimir DeWolfe, Emily Sheera Cutler, Matt Perry, Jess Stohlmann-Rainey, and Andy Collings](https://wp.me/p67Hvj-1wJ) <https://wp.me/p67Hvj-1wJ>

Note: MNPDP = Mad, neurodivergent, and psychiatrically disabled people

Brief Tips

1. Learn about MNPDP culture. Support and share it.
2. Shift your understanding of psychiatric disability away from medical models and towards the social model of disability.

4,5. Notice your judgements about MNPDP people. Understand how MNPDP people are distrusted and dismissed.

6. "Remember that abuse is upheld and perpetuated by oppressive systems like patriarchy, racism, cisheterosexism, ableism, sanism, classism, adultism..."

9. Meds are complicated: some benefit. Some do not. "We need to work to address the stigmatizing narrative of the dangerous "untreated mental illness" or the Mad person who has "gone off their meds." You can research [harm reduction guides](#) to coming off of psych drugs safely"

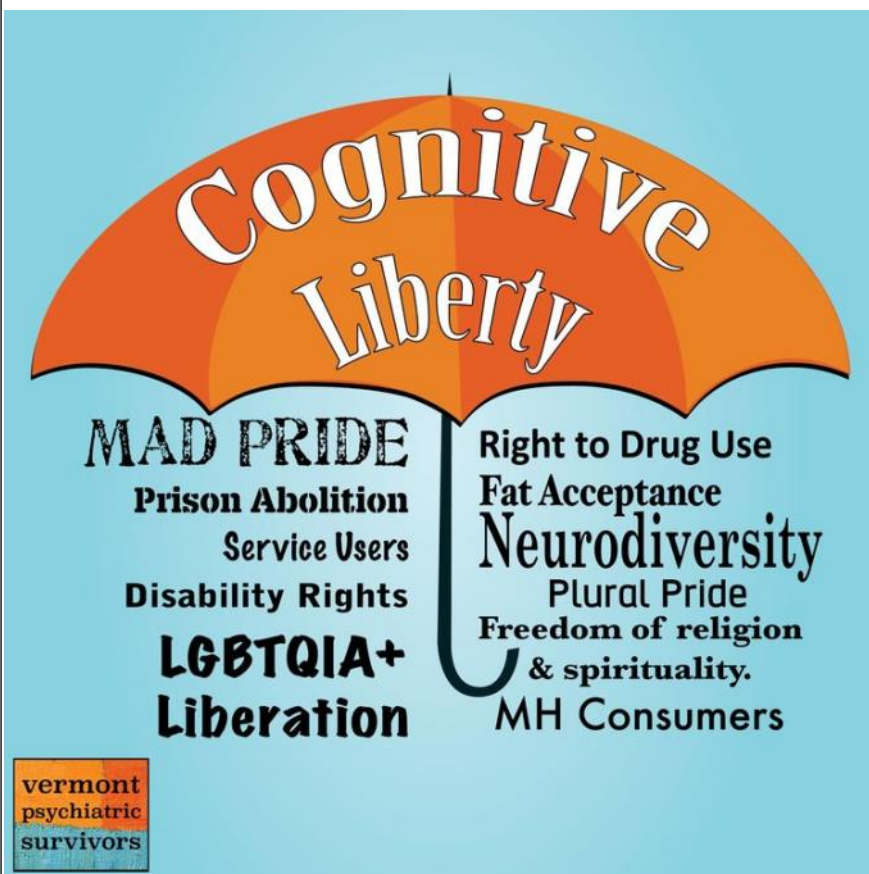
16, 17 Advocate for policies that increase resources for MNPDP folks. Respect levels of dependence/paternalism and independence/self-determination.

KEY Tips for liberation

26) Believe MNPDP people's experiences of abuse and mistreatment within the psychiatric system.

27) Assume that intense emotions are coming from a reasonable, valid place. Although intense panic, elation, sadness, and anger are often labeled as irrational by society and dismissed, these emotions often exist for a reason. Just because you personally cannot understand why someone is reacting so intensely to a particular situation does not mean that reaction is irrational.

28) Reject the moral imperative to be "healthy," physically, mentally, or emotionally.

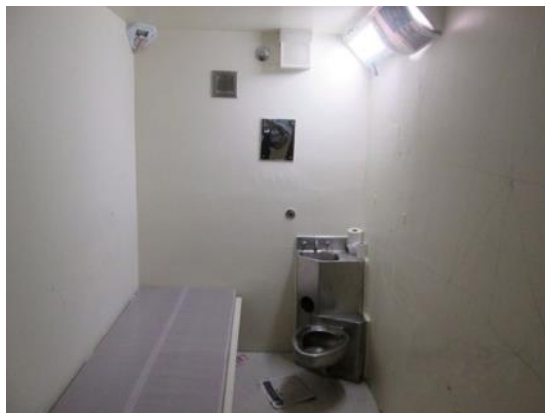


New\$, Rights, Prisons, Housing

Canada to pay at least \$20 million for breaching Charter Rights of Prisoners

Patrick White, March 25, 2019, The Globe and Mail <https://tgam.ca/2HUPOqf>

Ontario Superior Court Justice Paul Perell ruled Monday that the federal prison agency's treatment of at least 2,000 mentally ill inmates violated Sections 7 and 12 of the Charter of Rights, which protect against arbitrary state actions and cruel and unusual punishment.



"The funds are to remedy the harm caused to society which has suffered from the Correctional Service's failure to comply with the Charter"

- ***
- Justice Perell: "Administrative segregation exacerbates and causes mental illness and is not a cure for anything."
 - \$20 million Class Action Judgement will go to

"additional mental health or program resources for structural changes to penal institutions as the court on further motion may direct."

- Individuals issue trials for specific damages and punitive damages can go ahead and rely on the judgement that Charter rights were breached.
- The Judge actually recommended the plaintiff expand the class to include individuals who had a "mental illness" with a medical diagnosis or where one "could have occurred". This way plaintiffs could get compensation even if the medical services were absent. There is more room for lawsuits against the Provincial Governments and broader health and mental health cases.
- Record for this summary judgment motion was 31,000 pages WOW

Case: Brazeau v. Attorney General (Canada), 2019 ONSC 1888 <https://bit.ly/2CH16e7>

Parkdale Organize!

Parkdale Organize is a membership-based group of working class people who organize to build neighbourhood power in Parkdale. Where landlords, bosses, or the state exploit or abuse us, we organize to defend, inform, educate and empower our neighbours to collectively improve our conditions.



Working together puts Teeth in the [Residential Tenancies Act's](#) protections for tenants.

Tip: Don't move out or leave unless you have another better place ready. Landlords want to evict tenants who are paying lower rents so that they

can renovate and charge new tenants more rent. They may also try to push you out by not responding to repair requests or damages. This is when we need neighbours to help. <http://parkdaleorganize.ca>

Canada Food Guide 2019



Colour of Poverty—Colour of Change Fact sheets about poverty.

- The 2016 Census showed that 20.8% of peoples of colour in Canada are low-income compared to 12.2% of non-racialized people;
- Racialized women earned 58 cents, and racialized men earned 76 cents, for every dollar a white man earned in Ontario in 2015. The 'colour-code' persists for second generation workers of colour;
- The 2016 Census data shows a 45% income gap between Indigenous women and non-Indigenous men, while the average income gap between all Indigenous and non-Indigenous people were 33%;
- In 2016, 40% of inmates in segregation at the Toronto South Detention Centre were Black, but they are only 7.5% of the Toronto population;
- A national study reported that individuals with an Indigenous identity were more than twice as likely (18%) to have experienced hidden homelessness as their non-Indigenous counterparts (8%);
- In 2011-2012, almost 11 million Canadian households experienced food insecurity; the percentage was higher

among recent immigrants - 19.6%, versus 12.4% among Canadian born

<https://colourofpoverty.ca/fact-sheets/>

Racialized Poverty in Health

Treatment: Indigenous Peoples and people of colour report being subjected to rude, disrespectful, harsh, or dismissive treatment by health care staff, due to racially discriminatory stereotypes. The Ontario Human Rights Commission found in 2017 that health workers often do not treat Indigenous Peoples' symptoms seriously because of assumptions that they are drunk or high. Similarly, Black patients' symptoms of sickle cell anemia are frequently dismissed as pain related to drug habits.

Cultural Access: The psychiatric system is still Eurocentric in values, worldview and practice, thus presenting systemic challenges at every stage of the system's interaction with people from racialized groups. OHIP: New immigrants must wait 3 months for OHIP - leading to unaffordable costs or unaddressed health needs.

Suicide rates among First Nations youth are up to seven times higher than among non-Indigenous youth.

News, Rights, Actions

Bulletin: Not having a home doesn't cause tuberculosis but it can hurt our health. Having a large group of long term homeless people can create conditions for outbreaks of deadly diseases that we thought were gone. If the government and community won't take care of our health, then homeless people, like everyone else, are going to cause outbreaks and public health crises.

Medieval Diseases Are Infecting California's Homeless

Typhus, tuberculosis, and other illnesses are spreading quickly through camps and shelters.

ANNA GORMANKAISER HEALTH NEWS

...Los Angeles recently experienced an outbreak of typhus—a disease spread by infected fleas on rats and other animals—in downtown streets. Officials briefly closed part of City Hall after reporting that rodents had invaded the building.

Public-health officials and politicians are using terms like disaster and public-health crisis to de-



scribe the outbreaks, and they are warning that these diseases can easily jump beyond the homeless population.

"Our homeless crisis is increasingly becoming a public-health crisis," California Governor Gavin Newsom said in his State of the State speech in February.

[Bulletin: Maybe it already was!]

Dinner with a View...Of the Rich

What does \$550 get you in Toronto you ask? The creators of a pop-up restaurant have the answer. A chichi dinner for 4 under the Gardiner in a little heated dome designed to look like a terrarium and furnished for comfort. They call it "Dinner with a View."

What sort of view you ask? Well, not of the homeless camp, obviously. The City demolished that and evicted the people living there two weeks ago, remember?

What are we going to do it about you ask? You ask a lot of questions, but we'll tell you. We're inviting you to join us for a free 3-course dinner under the Gardiner.



Bring your noisemakers and [email us your music requests \(ocap@tao.ca\)](mailto:ocap@tao.ca). While you're at it, email Mayor Tory (mayor_tory@toronto.ca) and tell him we need adequate shelters and rent-geared-to-income housing.

Put Food in the Budget

Eat near to former homeless camps occupied by "new" wealthier residents!

When: Friday, 5 April 2019 from 18:30-20:30

Where: [The Bentway](#), 250 Fort York Boulevard, under the Gardiner Expressway

Federal Government: Are you getting your Benefits?

Do you ever find that you know more than your worker?

Bulletin: We are here for you. And feel free to share—remember that sharing information in our community means that we all get more.

You can always ask the Province of Ontario (Premier Ford) who is responsible for Health. [Province of Ontario benefits](https://bit.ly/2SQJXUM). (bit.ly/2SQJXUM)

Federal Government of Canada (Prime Minister Trudeau) provides lots of benefits to people with disabilities: Have you visited 211? City of Toronto www.Toronto.ca or

Federal Government or the Government of Canada has a central website to find benefits: <https://bit.ly/2TkaUAp>.



[Living with a disability](#)

Services and financial benefits to assist people with disabilities and their families.

[Child Disability Benefit](#)

Determine if you are eligible to receive a tax-free benefit for families caring for a child with a disability, learn how the benefit is calculated, and obtain the forms necessary to apply.

[Canada Pension Plan disability benefits](#)

Taxable benefit you may be eligible for if you are unable to work because of a disability.

[Federal excise gasoline tax refund program](#)

Apply for a refund for some of the gas you buy if you have a mobility impairment that prevents the use of public transportation.

[CPP children's benefits](#)

Apply for this monthly payment if you receive Canada Pension Plan disability benefits and have eligible dependent children under the age of 25 in your care and custody.

[Canada Disability Savings Grant and Bond](#)

Information about how the Government can help you save by contributing to your Registered Disability Savings Plan.

[Disability award](#)

A tax-free cash award for injured Canadian Forces members or Veterans with an injury or illness resulting from military service.

[Disability pension](#)

Information on receiving monthly tax-free payments if you are an eligible War Service Veteran, Civilian, Royal Canadian Mounted Police member, Canadian Forces

member or Veteran.

[Education funding for people with disabilities](#)

Links to services, benefits and programs to assist people with disabilities and their family

Don't forget Taxes

DUE APRIL 30!

Must file by April 30 if you owe taxes. You can file at anytime (including previous years) to get income tax credits returned to you.

Employment Opportunities

Houselink' Road to Employment (RTE)

Prepare to Match Your Skills to Employers

- ⇒ Working with disabilities
- ⇒ Job Development and Match-up Program

Bloor-Gladstone Library @ 1101 Bloor Street West (1 Block East of Dufferin Station)

Wednesdays April 3, 17 & 24, 2019

April 3 – Be Ready for a Job Interview: EDGE Program Brands of Canada – Julie Ann Young

April 17 – Target Your Resume to a Job Posting! North York Dufferin Street YMCA – Paul Oliveira

April 24 – Meet with Employers: MAGNET Program @ Learning Centre North York Dufferin Street YMCA – Andrey Sorokin

April 24 – Job Fair with UPS United Parcel Service Canada – Anto Mathew

Lillian H. Smith Library at 239 College Street (1 Block East of Spadina Ave)

Tuesdays 1-3pm, April 9, 11 & 23, 2019

April 9 – Be Ready for a Job Interview: EDGE Program Brands of Canada – Julie Ann Young

April 11 – Target Your Resume to a Job Posting! DIXON HALL Employment Services – Aqila Hanseer-Rizvi

April 23 – Meet with Employers: MAGNET Program @ Learning Centre YMCA North York Dufferin St – Andrey Sorokin

April 23 – Job Fair with UPS United Parcel Service Canada – Anto Mathew



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 Cleaners

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,



Fresh Start is currently accepting applications from Consumer/ Survivors for Cleaning Services.

All qualified candidates will have excellent cleaning skills (not necessarily professionally), have good availability and flexibility (Monday thru Friday, mornings and afternoons) for scheduled shifts as well as be available to fill-in when shifts become available, be easily accessible by phone as well as have a valid S.I.N. card or Service Canada equivalent plus I.D. other than a health card. **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

The Raging Spoon operated by Working for Change is hiring for a part-time dishwashing position. We offer a supportive work environment 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 attitude to learning and teamwork.

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

*Working for Change encourages applications from people representing the diverse community we serve. In accordance with the Accessibility for Ontarians with Disabilities Act (AODA) We thank all candidates for their interest, but only those selected for the interview process will be contacted.

Thank you, The Raging Spoon Team

Michael Lewin **The Raging Spoon Catering**

1658 Queen St. W. Toronto ON M6R 1B2
416.504.6128

A Violent History of Benevolence: Interlocking Oppression in the Moral Economies of Social Working **By Chris Chapman and A.J. Withers**

© 2019 <https://utorontopress.com/ca/a-violent-history-of-benevolence-2>

A Violent History of Benevolence traces how normative histories of liberalism, progress, and social work enact and obscure systemic violences. Chris Chapman and A.J. Withers explore how normative social work history is structured in such a way that contemporary social workers can know many details about social work's violences, without ever imagining that they may also be complicit in these violences. Framings of

social work history actively create present-day political and ethical irresponsibility, even among those who imagine themselves to be anti-oppressive, liberal, or radical.

The authors document many histories usually left out of social work discourse, including communities of Black social workers (who, among other things, never removed children from their homes involuntarily), the role of early social workers in advancing eugenics and mass confinement, and the resonant emergence of colonial education, psychiatry, and the penitentiary in the same decade.

[Bulletin: a read for you, and / or your worker!]

Free and Fun Events—FYI—no endorsements

"MOVEMENT DISORDERS SUPPORT GROUP"

Movement Disorders from Anti-Psychotic Withdrawal

Ms. E.: Organizer & Peer Support Worker-in-Training:

I've struggled with depression with psychosis for over 20 years. I was treated for over 10 years with anti-psychotic and anti-depressant medications and am coping with specific movement disorders. My goal is to increase awareness of TD and self-advocacy among consumer/survivors when speaking with health care practitioners about their self care needs and concerns. by Ms. E.

COMETOAMEETING!

Cost: Free

Meetings on: Mondays

- April 8, 2019, April 15, 2019, May 27, 2019, June 24, 2019

Time: 12:30 PM to 2:30 PM

Location: *Toronto Reference Library, Room B1 (one floor down - there will be signs to guide you)

Address: 789 Yonge St • Toronto, ON

*venue is subject to change

Send me a quick email to sign up [at: info.ttdsg@gmail.com] or simply drop in - we're always happy to see new faces!

All Wednesdays LIFT UP—CrossFit

Lift Up program is catered to recovering individuals looking to improve their lives through CrossFit and community. Lift Up is a safe, supportive & physically active environment for those who are recovering from addiction, alcoholism & anyone currently dealing with mental health issues.

Each week, individuals will go through a casual group check in followed by a Crossfit WOD (work out of the day!). These WODs are scalable and geared to ANY & ALL fitness levels.

Every Wednesday at 1:30pm at the Academy of Lions. **FREE for anyone at any stage in their recovery!**

64 Ossington Ave (north of Queen St W) *Academy of Lions* **Time:** 1:30pm <https://www.academyoflions.com/lift-up-recovery/>

April 30 Rally for Public Healthcare System

@ Queen's Park @ 12 pm.

Show the Ford government that the fight is on to preserve local public health care and stop privatization. This legislature has the potential to uproot Ontario's health care in a way that can permanently harm OUR public health care system. We need every single one of you to join us and standing up to the Ford government and telling them that we will not allow it to happen. We have buses from all over the province going to the rally. Let us know if you want to get on a bus and your town is not on the attached "Get on a bus list".



**Health Care
should be about
Compassion
NOT about
Profit**

**STOP Doug Ford's
Secret Omnibus Health Legislation**

RALLY
Queen's Park
Tuesday April 30 noon



Free and Fun Events —FYI—no endorsements

InkWell Writer Workshops

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

[Poetry w/Stuart](#)

- Wednesday, April 3, 2019 2:00—4:00

[Fiction w/Kathy](#)

- Wednesday, April 10, 2019 2:00 PM 4:00 PM

[Memoir w/Leanne](#)

- Wednesday, April 17, 2019 2:00 PM 4:00 PM

[Writing for Social Change w/Leonarda](#)

- Wednesday, May 1, 2019 2:00 PM 4:00 PM

Every Tuesday Express Yourself - Toronto Writers Collective @ Mustard Seed

The Toronto Writers Collective inspires and empowers the unheard through writing. 791 Queen St E (east of Broadview Ave) *Mustard Seed* **Time:** 2pm – 3:pm <http://torontowriterscollective.ca/>

April 4 Trans Women HIV Research Initiative Conference (TWIRI) Conference

The 519, a community centre

We invite service providers, academics, researchers, and community members to attend this knowledge sharing event. This year's conference will focus on trans women and mental health, and attendees will hear from community members, researchers, and service providers. Final agenda coming soon! New to the field and want to get the basics before the full conference? Register now for our pre-conference event that includes Trans 101 training: <https://tinyurl.com/TWIRI-preconference2019>

April 20 2019 (Saturday) International Children's Day - Multicultural Dance and Art Festival

Children representing the cultural mosaic of Toronto will come together and celebrate the day with shows, folk dances and share their folk music. Fun-fair activities such as clowns, face painting, popcorn and cotton candy stations, balloon sculpting and multicultural art shows by the communities.

At: 100 Queen Street W (@ Bay St) *Nathan Phillips Square* **Time:** 1:30pm –5pm **Website:** <https://turkishcanada.org/>

April Is Advanced Care Planning month

Do you know who you want to speak for you if you can't or you can't make decisions? Many of us have plans (crisis, distress, hospitalization) for our day to day struggles. Talking now about an Advanced Care Plan for you and your family and friends can save stress later.

<http://www.advancecareplanning.ca/>
Bulletin asks: if you didn't have someone to act as a substitute decision maker would you be interested in a group of people working together to support you?

Do you have ideas for National Accessibility Week (May 26 – June 1)

Government of Canada plans to celebrate its third annual National AccessAbility Week from May 26 – June 1, 2019. Bring national attention to the importance of accessibility and inclusion, and to celebrate the contributions of individuals, communities and workplaces that are actively removing barriers to accessibility.

Please provide information on your planned activities directly to Bruce Tate (bruce.tate@hrsdc-rhdcc.gc.ca) by April 11, 2019. Accessible Canada [Facebook](#) and [Twitter](#) channels for the latest information.

May 3rd TORONTO CSI NETWORK

@10am to 3pm at Friends House 60 Lowther Ave. (St George Subway Station)
ODSP update and "Power of Change" next steps.
Food will be catered by the Raging Spoon,

A light breakfast and hearty lunch and TTC tokens provided

Special Guest David Reville Please Register: Contact Corrine Humphreys 416-424 2266 ext. 234 or corrine@awayexpress.ca

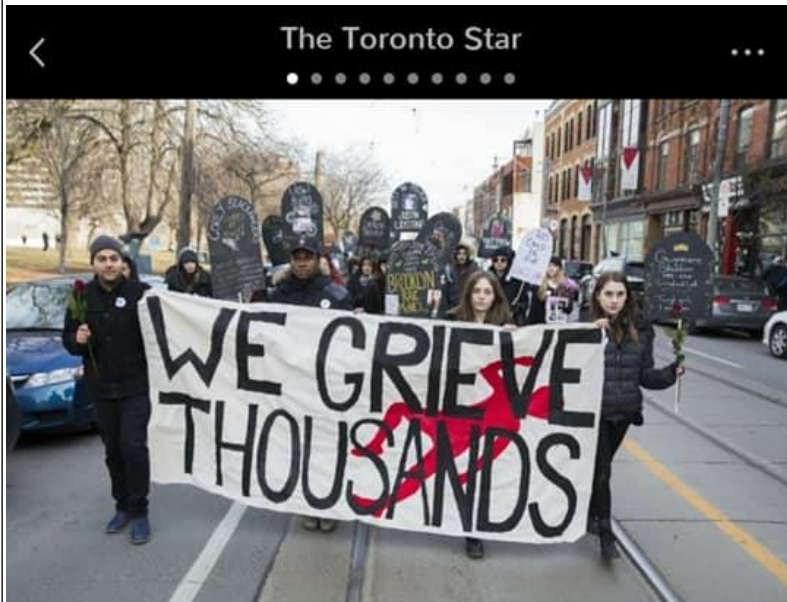


And of course download the event guide from www.soundtimes.com/bulletin a much bigger listing of events prepared by Amber Graydon.

We Grieve Thousands

April 16th, 2019—12—2pm National
Day of Action on the Overdose Crisis

We sadly invite you once again for the National Day of Action on the Overdose Crisis as we continue to “Grieve Thousands”. Location to be announced details at <https://bit.ly/2uuKfGZ> This day of action is being coordinated and endorsed by Toronto Overdose Prevention Society (TOPS), Toronto’s Harm Reduction Alliance and the We Grieve Thousands Collective [#SafeSupply](#)



Put Food and Vegetables in the Budget



Get Computer Help!

Martha Gandier

(gandier47@hotmail.com) offers

**fellow consumers/
survivors**

free computer
advice and
support.



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Disclaimer:

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