

## FEATURED STORY

### Self-Advocacy and the New CAMH Research Hub

By: Shineeca McLeod and Michelle Grimley



*The Self Advocates Council chat with Dr. Yona Lunsky about new research hub at CAMH*

The Centre for Addiction and Mental Health (CAMH) is opening a new research hub that will address the needs of people with both developmental and psychiatric disabilities, a population that is too often overlooked.

Shineeca is a Self-Advocate with Community Living Toronto who has lived experience in the mental health system and is studying to become a Community Services Worker.

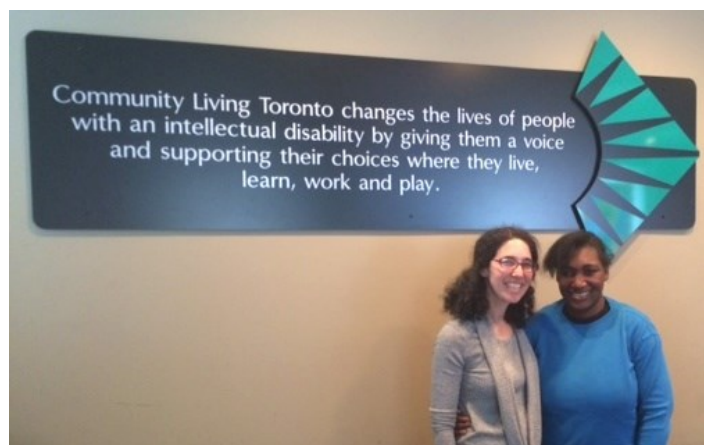
Dr. Yona Lunsky, the head of the new centre at CAMH, spoke with Shineeca on February 13, 2018. Read the full interview on **page 6** of this newsletter!

## Renew Your Membership

[cltoronto.ca/membership/](http://cltoronto.ca/membership/)

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*Shineeca (right) talks with Dr. Yona Lunsky (left) about new research hub at CAMH*



MyCommunityHub is an online registration space where people with a developmental disability and their families can find activities and programs that reflect their interests.

## Why I'm a Central Council Member

By: Emory Gilbert



*Emory (third from the Left) with the group he sponsored to attend Spring Fling 2017*

I was introduced to Community Living Toronto in 2016 when I was approached by a Council member and friend, Dawn Lunan, about joining Central Regional Council. I felt privileged to be asked and readily accepted. I hoped that my professional background, over 40 years involvement with public safety, risk management (public and private sector) and attention to the needs of vulnerable and marginalized communities, would be of value to the work of the Council. My experiences had taught me a great deal and reminded me that life is a constant learning process.

My reasons for volunteering as a Council member were primarily twofold: One was my own desire to be engaged in something challenging and hopefully meaningful. I didn't want to simply flip through agendas or merely attend meetings. Second, I have always enjoyed working with others to solve problems and assist those in need. Like so many in our community, I have a compelling interest in advocating for and contributing towards an improved future for people with intellectual disabilities.

My motivation for being a Council member at Community Living Toronto is our daughter Claire who is 20 years old, diagnosed with global development delay, autism and ADHD. Beyond her challenges she loves music, dance, art and socializing with friends and

family. Like all parents, we want to provide continuous support for our kids so they develop their potential and achieve their life goals. With Claire, my wife and I have an exceptional focus on ensuring that she will always have a safe, caring and meaningful life.

As parents of an intellectually disabled young adult we realize that we cannot expect to meet this goal on our own. We require the collective support of our community and we must be meaningfully involved in that collaborative effort. This is our commitment to her. Our daughter will not be the only beneficiary; she will share in the collective achievements of the Community Living Toronto family.

Since 2016, I have quickly learned about the incredible experience and insights of other Council members. I can readily rely on their friendly guidance in helping me make a contribution and I benefit from their collective wisdom. I am also learning about our community's extensive network of caring people. As a result, I have a growing understanding of people's resiliency in confronting life's challenges.

At this point in time, my experiences have allowed me to reflect on how fortunate I am to have this opportunity to work with superb individuals from all walks of life on matters that have value and impact on many.

If you are interested in joining regional Council please contact:

For Central Region: Michelle Grimley at 647-729-1210 or [michelle.grimley@cltoronto.ca](mailto:michelle.grimley@cltoronto.ca)

For North York Region: Wendy Dyke at 647-729-3627 or [wdyke@cltoronto.ca](mailto:wdyke@cltoronto.ca)

For Scarborough Region: Felicita Zanatta at 647-729-1635 or [fzanatta@cltoronto.ca](mailto:fzanatta@cltoronto.ca)

For Etobicoke/York Region: Georgina Stergiotis at 647-729-0445 or [georgina.stergiotis@cltoronto.ca](mailto:georgina.stergiotis@cltoronto.ca)



## Upcoming Central Events

### Central Region Dinner Club

Every Wednesday  
4:00 pm – 8:00 pm  
30 Birch Ave

### sprOUT Meeting

Monday March 12, 2018  
6:00 pm – 8:00 pm  
40 Birch Ave

### Central Region Tax Clinics

March and April, 2018  
Contact Michelle Grimley for  
details at 647-729-1210  
20 Spadina Rd

### Central Region Council Meeting

Tuesday March 20, 2018  
6:00 pm – 8:00 pm  
20 Spadina Rd, Meeting  
Room 1 All are welcome!

### Central Region Council's Annual Spring Fling

Dinner, Dance and Silent  
Auction  
Saturday April 14, 2018  
Japanese Canadian  
Cultural Centre  
\$55/ticket

For information on any of the above events,  
contact Michelle Grimley  
at 647-729-1210 or [michelle.grimley@cltoronto.ca](mailto:michelle.grimley@cltoronto.ca)

## ETOBICOKE/YORK REGION

## Art from the Heart 2018 at Joshua Creek Heritage Art Centre

By: Harold Tomlinson



*Creative Village Studio artists Donna, Quyen, and Douglas attending opening reception. Submissions from CVS are seen on the back wall.*

Creative Village Studio responded to a posting on the *Neighborhood Arts Network* website for a group exhibition called, 'Art from the Heart' in 2010. We sent eight portfolios of our artists' work to Sybil Rampen at Joshua Creek Heritage Art Centre (JCHAC). Incredibly, I heard back within 5 minutes from Sybil; she was impressed with the art portfolios and wanted to meet. When I arrived, Sybil, along with the co-curators, board

members and assorted 'Friends of JCHAC' were all assembled at her dining table eating chicken caesar salad and sipping fruit water. I gave an impassioned speech about Creative Village Studio, the artists and our artistic direction. The camaraderie and sense of a community loyal to art and artists filled the room, as CVS was set a place at the table.

We are now in our seventh year of exhibiting at JCHAC and have shared the spotlight with many organizations, agencies and individuals of various creative abilities.

This year Community Living Oakville and Joshua Creek Studio, Tsochoy Go (Artist in Residence), Concord in the City and Creative Village Studio's eleven artists (David Totafurno, Conrod Skyers, Neil Clifford, Liz Callaghan, Jack Homer, Donna Worotynech, Steve Nicholson, Quyen Ngo, Lisa Tuckwell, Juan Meneses and Douglas Laird) have created a visual symphony which brings the gallery to life with joy and happiness from their hearts.

Please come and see this wondrous art exhibition in the converted 1827 barn gallery filled with an oasis of creativity. The exhibition runs from January 18 until March 11, 2018 at the Joshua Creek Heritage Art Centre, located at 1086 Burnhamthorpe Road East, Oakville, Ontario.

For Information visit [www.joshuacreekarts.com](http://www.joshuacreekarts.com)  
and for classes at Creative Village Studio visit  
[www.mycommunityhub.ca](http://www.mycommunityhub.ca).

## Upcoming Etobicoke/York Events

### Etobicoke/York Region Council Meeting

Tuesday March 13, 2018  
6:30 pm  
4895 Dundas St. W. (Creative Village Studio)  
All are welcome  
RSVP: Georgina Stergiotis at 647-729-0445

### Friendship Club

Wednesday March 21  
4:00 - 6:00 pm  
Etobicoke Region Office  
295 The West Mall,  
suite 204  
Registration:  
LauraLee Edmiston  
647-729-0440 or  
[ledmiston@cltoronto.ca](mailto:ledmiston@cltoronto.ca)

### Council's Tenth Annual Easy Roller Bowlathon

Saturday April 28, 2018  
4:00 pm – 7:00 pm  
Rexdale Bowlerama  
115 Rexdale Blvd.  
For information & to register ...  
Contact Georgina Stergiotis at 647-729-0445  
[georgina.stergiotis@cltoronto.ca](mailto:georgina.stergiotis@cltoronto.ca)

### TDSB Community Connections Fair Open House

Saturday April 7, 2018  
10:00 am – 1:00 pm  
Central Etobicoke Collegiate  
10 Denfield St.

## United Way Gala

By: Wendy Dyke



*Pictured L to R: Victor Figueiredo, Matthew Poirier, Ann-Marie Binetti, Wendy Dyke, Georgina Stergiotis, Karen Figueiredo, and Brad Saunders*

On January 25<sup>th</sup>, United Way Toronto York Region hosted their annual Gala event to celebrate the 2017 campaign. The campaign goal was to raise \$103 million dollars to fight poverty in our region, from the waterfront of downtown Toronto to the southern shore of Lake Simcoe. The event was in recognition of the achievements and generosity of individuals who donated their time, money and talents to improve the quality of life for people across the region. Thanks to the joint efforts of corporate and labour partners, donors and volunteers, an unprecedented \$105 million was raised in 2017.

The evening was also a reaffirmation of a commitment to ensuring all residents have access to opportunities to move people from poverty to possibility, to build strong communities and help children be all they can be.

During the evening, nominations and winners for the 2017 Spirit Awards were announced. The awards recognize the dedicated organizations, campaigns, teams and individuals who offered support to the United Way in 2017. Community Living Toronto was nominated in the category of Agency Spirit Award. This award is in recognition of an agency that runs an exceptional campaign. As the chair of the 2017 Community Living Toronto campaign I could not be prouder of the work our committee members put into running a great campaign. The nomination from our United Way corporate donor relations manager, Erin Cox, was a wonderful way to recognize the contribution Community Living Toronto

made to the 2017 United Way Toronto York Region campaign. Thanks to all the staff who made pledges and supported special events, we contributed nearly \$40,000 to the campaign.



Looking forward to our 2018 campaign, I'd like to introduce this year's Community Living Toronto campaign chair, Georgina Stergiotis. While many of last year's committee members will be returning we look forward to welcoming new members in the coming months. If you are a Community Living Toronto staff member and would like

to join our team, please speak to your supervisor or manager. **If you would like to know more about what the commitment is for being on the committee, please contact either Georgina at 647-729-0445 or Wendy at 647-729-3627.**

## Upcoming North York Events

### North York Council Meeting

Monday March 12  
1:00 pm – 3:00 pm  
North York Office Boardroom  
1122 Finch Avenue West, Unit 18  
Everyone Welcome!

### Sibshop

Saturday March 24, 2018  
Saturday May 5, 2018  
10:30 am – 2:30 pm  
Victoria Park Hub  
1527 Victoria Park Avenue, 2nd Floor  
For more information and to register/apply for the above events contact:  
Wendy Dyke  
at 647-729-3627 or  
[wdyke@cltoronto.ca](mailto:wdyke@cltoronto.ca)

### Jumpstart Literacy

Every Saturday  
9:30 am – 11:30 am  
1122 Finch Avenue West, Unit 16  
Registration fee:  
\$20.00 per person  
Weekly fee:  
\$5.00 per person  
To learn more and to register, please contact:  
Karla Galvez-Del Rio  
at 647-729-1162 or  
[kgalvez@cltoronto.ca](mailto:kgalvez@cltoronto.ca)

## “Powerful Tools for Caregivers” Workshop

By: Janet Dunne

From January through February 2017, 12 participants from our Scarborough Parent Share group took part in an amazing workshop called “Powerful Tools for Caregivers”. For 6 consecutive Thursdays, Dona and Joy from the Local Integrated Networks of Health facilitated this empowering and interactive workshop funded by the Ministry of Health.

As the name conveys, each participant is given the opportunity to learn powerful tools and/or refine tools already acquired to enable more sustainability to support their loved ones, their children or adult children with intellectual disabilities. Many of the participants are supporting aging family members as well. Participants also found new ways to take care of themselves AND alleviate any guilt in doing so.

Parent Share has been running two Thursdays a month for over 15 years, only taking a break during the summer.

Although people come and go, there is a strong “core” group who have built strong ties with one another that go far beyond the walls of the Cedarbrook Community Centre where it is run. Over the last few years a huge focus has been on caregiver wellness.

Comments from participants about the Powerful Tools Workshop include:

*“Although the group was close before, it is so much closer now!”*

*“I feel more resilient and learned new strategies to help me stay so!”*

*“I hope that the presenters can come back for a re-fresher course.”*

*“I loved the sharing part. I felt entitled to do one thing **just for me** and share it each week with the group! I owe that to myself!”*

At the end of the workshops series, each participant received a certificate of achievement and a helpful workbook which many say they refer to on an ongoing basis.

Well done, ladies! And thanks to our wonderful facilitators Dona and Joy!

If you would like to find out more about Parent Share please call Janet Dunne at 416-903-6990 or Bonnie Heath 416-645-6000 x 1311.

## Upcoming Scarborough Events

### Council Meeting

Monday March 5, 2018

6:15pm

1712 Ellesmere Road

All are welcome!

Parkway Bowl

67 Ellesmere Rd.

### Connections Dance

Friday March 30, 2018

7:30-9:30pm

1712 Ellesmere Rd.

\$8 admission

Call Lester at

416-566-7252

### Achilles 5K Run/Walk

Sunday March 18, 2018

255 Bremner Blvd

\$50 to register with the

Scarborough region team.

### 8th Annual Bingo Bowling

#### Extravaganza

Saturday April 21, 2018

7pm-9pm;

registration at 6:30pm

\$25 per person

For more information on all of these events and to register contact Felicita Zanatta at 647-729-1635 or [fzanatta@cltoronto.ca](mailto:fzanatta@cltoronto.ca)

### Bill 148 and Direct Funding:

#### Information Session for

#### Families Engaging Workers

Thursday March 15, 2018

7-9pm

1712 Ellesmere Rd.

RSVP online at [MyCommunityHub.ca](http://MyCommunityHub.ca)





## Self-Advocacy and the New CAMH Research Hub Continued...

By: Shineeca McLeod and Michelle Grimley



*Shineeca (left) talks with Dr. Yona Lunsky (right) about new research hub at CAMH*

**Dr. Yona Lunsky, the head of the new centre at CAMH, is interviewed by Shineeca:**

**Shineeca:** What is the new centre?

**Yona:** We are researching mental health in a way that involves people with developmental disabilities. CAMH already has a program for people with developmental disabilities and mental health issues called the Adult Neurodevelopmental Service. There you can share your story and get some help. The new centre will try to answer questions about what works and what doesn't work when treating people with both developmental and psychiatric disabilities. If we don't study it, we won't know what works. How do we know how to treat depression in someone with a developmental disability? Do they need more time in therapy? Do we need to explain things differently? We also want to teach new healthcare providers how to do a better job working with people with developmental disabilities.

**Shineeca:** Will the new centre be accessible?

**Yona:** The new centre is accessible because it is part of the CAMH building located at Queen St W and Ossington Ave that is accessible. It has automatic doors, elevators and accessible bathrooms.

**Shineeca:** How will the new centre help people with developmental disabilities and mental health issues?

**Yona:** There are four parts that make up the new centre: Research, Teaching, Clinical Innovation and Knowledge Exchange. Knowledge exchange happened recently through the Bell Let's Talk Campaign (#BellLetsTalk). We put together a presentation sharing information about why it is important to talk about mental health. We might also share information about things like what to do when you go to a hospital - on our website. The work we do will help develop new ways to give clinical services. That is the "innovation." We might teach people how to deal with frustration without hurting others or teach techniques like mindfulness to deal with stress. We are studying treatments to better help people with developmental disabilities and mental health issues.

**Shineeca:** How can I be involved in research at the new centre?

**Yona:** You can tell us what research is important to you, and help us in teaching about disabilities and you can also be in the research studies that we do.

**Thank you, Yona, for taking the time to tell us about how Self-Advocates can get involved at the new centre at CAMH! For information please get in touch with our coordinator:**

**Sue Hutton** at [shutton@cltoronto.ca](mailto:shutton@cltoronto.ca)

### Helpful Links:

#### Health Passports and Communication Tools:

<https://www.porticonetwork.ca/web/hcardd/healthcareresources/people-with-developmental-disabilities-and-caregivers>

#### Better Practice, Better Health Video:

<https://www.youtube.com/watch?v=7gRmdbEe65c&list=PLNuPQneaGMwCgYIDHdawgSQQA9AYoe8hx>

## VOLUNTEER VOICE

### Annual Volunteer Refresher Training Sessions

Volunteers may sign up for any session offered.

If you'd like to do this training in-person, please use the links listed below to register for an upcoming session.

You can find all the links below at:

[CommunityLivingToronto.ca/Volunteers](http://CommunityLivingToronto.ca/Volunteers)

**April 16<sup>th</sup> from 5:00 PM – 6:00 PM**  
**1712 Ellesmere Road, Scarborough**

[Register](#)

**June 18<sup>th</sup> from 11:00 AM – 12:00 noon**  
**295 The West Mall, Suite 204, Etobicoke**

[Register](#)

**October 22<sup>nd</sup> from 5:00 PM – 6:00 PM**  
**20 Spadina Road, Central**

[Register](#)

### Upcoming Volunteer Orientation Sessions

Are you looking for volunteer opportunities with Community Living Toronto? Please sign up for one of our upcoming orientation sessions .

**March 12th from 5:00 PM – 7:00 PM - 295 The West Mall**

[Register](#)

**April 9th from 10:00 AM – 12:00 NOON**  
**20 Spadina in the main floor boardroom**

[Register](#)

For information about volunteer opportunities or questions about the orientation and training sessions please contact:

Karla Galvez-Del Rio

647-296-6890 or [kgalvez@cltoronto.ca](mailto:kgalvez@cltoronto.ca)

## NEWS

### Upcoming Parent Share

**All sessions 10 am to noon**

#### Scarborough

Cedarbrook Community Centre

91 Eastpark Blvd

March 8, 22, 2018

April 5, 18, 2018

May 3, 17, 31, 2018

June 14, 2018

#### Downtown

38 Regent St., 2nd Level

Parent for Better Beginnings  
(Regent Park area)

March 12, 2018

April 9, 2018

May 14, 2018

June 11, 2018

#### Etobicoke

295 The West Mall,  
Suite 204

March 15, 2018

April 19, 2018

May 17, 2018

June 21, 2018

#### North York

1122 Finch Avenue West  
Unit 18

April 5, 2018

May 3, 2018

June 7, 2018

For information and to  
RSVP:

Karla Galvez-Del Rio  
647-296-6890

[kgalvez@cltoronto.ca](mailto:kgalvez@cltoronto.ca)

Bonnie Heath

416-645-6000, x 1311

[BHeath@woodgreen.org](mailto:BHeath@woodgreen.org)

### Follow Us!



[www.CommunityLivingToronto.ca](http://www.CommunityLivingToronto.ca)

**Family Link**  
Families of People with  
Intellectual Disabilities,  
Connecting Through  
Friendship and Support



**United Way**  
Toronto & York Region



## Bill 148 and Direct Funding: Information Session for Families Engaging Workers

These sessions are **FREE** · Seating is **LIMITED**

RSVP online at [mycommunityhub.ca](https://mycommunityhub.ca)

### March 14th, 2018

#### Etobicoke/York Region

Creative Village Studio  
4895 Dundas St. West  
6pm-8pm

#### Main Contact:

Georgina Stergiotis

Phone: 647-729-0445

### March 15th, 2018

#### Scarborough Region

1712 Ellesmere Rd.  
7pm-9pm

#### Main Contact:

Felicita Zanatta

Phone: 647-729-1635

### April 5th, 2018

#### North York Region

1122 Finch Ave West  
Unit 16

6:30pm-8:30pm

#### Main Contact:

Wendy Dyke

Phone: 647-729-3627

On November 27th Bill 148, The Fair Workplaces, Better Jobs Act, received Royal Assent and became law. Bill 148 affects everything from the minimum wage and public holiday pay, to how employees request scheduling changes, refuse shifts, and take leaves of absence.

Many families do not realize that this new legislation and employment law generally can apply to them and their relationship to workers they engage to provide supports to a loved one with a disability. Families face real risks if they don't consider their legal obligations to workers or take steps to protect themselves and their families from liability.

**Community Living Toronto** is pleased to host disability and employment lawyers from **PooranLaw** who will deliver an in-person information and training session for people and families engaging workers for support. These sessions will review:

- The most significant aspects of the Bill for families in the DS Sector and the dates they will come into force;
- How you determine whether these obligations apply to your relationship with your worker;
- What your responsibilities are to a worker who is an independent contractor or an employee;
- What steps you can take to protect your loved one with a disability and your family, and ensure positive relationships with your workers; and
- Free resources to help you manage your worker relationship and ensure compliance with the law.



**Cheryl Wiles Pooran** is an experienced human rights, labour and employment lawyer whose practice is dedicated to serving people with disabilities, their families and not-for-profit organizations in the social, disability and developmental service sectors. Cheryl provides advice and representation in relation to all aspects of employment, labour and human rights law, from collective bargaining, arbitration and training for large union and non-union employers to helping families and self-directed support organizations engage workers using individualized funding.

Cheryl's focus and experience in the developmental service sector has given her an in depth understanding of the unique issues that affect the employment relationship for employers, individuals and families in this sector.



# SAVE THE DATE!



## Family Fun Fair

**Saturday June 16th**

**11am—3pm**

**Admission \$4**

**1712 Ellesmere Road**

A short walk from  
McCowan  
Subway Station

- Only Wheelchair-accessible parking on site
- Pay parking is across the street
- Bring a lawn chair or blanket and sunscreen

**Come one, come all!**

## Party with a purpose!



**Saturday November 10th**

**The Queen Elizabeth Theatre**

**[communityrocks.ca](http://communityrocks.ca)**

***Get your dancing shoes ready to dance at the DISCO!***