

Sound Times Activities

September 2010



Hours of Service: Monday-Friday: 9:00am- 1:00pm Appointments & Groups
1:00pm -5:00pm Drop-by
Saturday & Sundays: CLOSED

Location: Sound Times' mailing address is:
280 Parliament Street, Toronto, Ontario M5A 3A4

Our entrance is at the rear of our building on Poulette Street,
one block west from Dundas Street & Parliament Street.
Phone: 416.979.1700 Fax: 416.979.8354
Members' Phone: 416.979.1328

Closures: **Monday, September 6th for Labour Day.**

Arts:

- **Art Studio.** Art Studio will continue every **Tuesday and Friday from 10:00am to 1:00pm.** Arrive at 10:00am and knock on the Parliament Street door.
- **The Sound Werx.** If you are interested in producing and/or recording music, beat making, learning to play an instrument or anything musical. Then this is the group for you! The Sound Werx meets every **Friday at 11:00am till 12:45pm.** See you There!
- **The Writer's Collective.** Join fellow members in the Sound Times classroom for the Writer's Collective. Share prose, poetry and works in progress. New members welcome. The writers' collective meets every **Monday at 11:30am.**

There is no group on Monday, September 6th due to the Labour Day Holiday.

Harm Reduction & Wellness:

- **Cookin' It Up.** Looking to learn new cooking skills or brush-up on old ones? Cooking for you or maybe two? Interested in microwave cooking? Would you like new recipe ideas? Join our cooking group!! This month we meet on **Thursday, September 2nd, 9th, 16th, 23rd and 30th at 11:00am** in the kitchen area.
- **Sound Times Food Market.** Come on out and join our Food Collective. Each month interested members can order fresh fruit and veggies in a group at rock bottom prices. Our next Market Place will be on **Thursday, September 2nd, 9th, 16th, 23rd and 30th at 12:00 noon.** Please see the community board for further details.

- **Harm Reduction.** Are you trying to cut down on substance misuse? People can meet with Nadine on a one-to-one basis to discuss their substance use, and create a plan that works for you! Referrals can be made available to community detox, substance abuse therapy, and relapse prevention programs. Or maybe you just need someone supportive to talk to about these issues.

Drug use is hard on you!! Do you want to do something about it?

****Appointments can be made during morning hours by calling 416-979-1700 Ext. 504, or you can talk to Nadine during drop in hours. ****

- **Packin' It In.** Our group is for Sound Times members who need support regarding their smoking habits. Whether you are looking to quit or reduce the amount of cigarettes you smoke, this is the place to be. We meet on **Tuesday, September 14th at 12:00pm.** See you there!
- **NEW!! Fit for Survival - YMCA.** Sound Times offers a weekly fitness group in which participants can learn cardiovascular and weight training techniques, address weight management issues as well as meditation methods. This program is offered twice a week on every **Monday and Friday mornings at 10:00 am – 1:00pm.** We meet at Sound Times.

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- **NEW!! Diabetes Info Group /Clinic.** Do you have diabetes? Are you at risk for developing type II Diabetes? Come out this workshop and have your questions answered. We will be exploring issues such as Diabetes info, meal planning, food label reading, checking blood sugar, and psychiatric medication issues.

There will be a diabetes nurse and nutritionist from the Regent Park Health Center at Sound Times on **Friday Sept.17th 2010 at 2:30 pm.** The Nurse will be here to answer any questions you have concerning checking blood sugar levels, blood pressure, and foot care. **See the community board to sign up.**

Other Groups of Interest:

- **Beginners Internet Workshop.** Explore the World Wide Web. Would you like to open up an e-mail account or are you interested in social networking (Facebook, MySpace and YouTube)? Do you already have an account and have no photos to upload? Want to build a Website? Get instruction on how to accomplish these things and more. The Workshop meets **Tuesdays at 12:00pm.**

- **Hearing Voices Workshop.** A small circle of members will gather to exchange views, opinion and lived experience. Perhaps you don't "hear voices". You could share that also with the members and your reaction to those that talk to unknown entities. All discussions will be confidential and you need not identify as a voice hearer. All participants should respect the privacy of all in the group. The Upstairs lounge will be used where traffic might be light. **Thursday, September 23rd at 11:00am.**
- **Activities Planning Committee.** All members are welcome and have a vote. Come sharpen your planning and organizational skills with this member-driven committee. The Planning Committee will take place before the Members meeting. **Tuesday, September 14th at 3:45pm.**
- **Volunteer/Employment Group.** Resume HELP!!!??? Are you worried about large gaps in your work history, because of mental health reasons? We will address these and other concerns. Get on the road to employment.

****Appointments can be made during morning hours by calling 416-979-1700 Ext. 502, or you can talk to Nick during drop in hours. ****

- **Too Cool for School.** Thinking about going back to school? It is your right to have an education that is accessible. We meet in a friendly casual setting to go over things like funding, different schools and programs, adult education in general, and peer support. If you are thinking of going back to school, you have a special interest in a program/course, or you feel you have experiences you would like to share, do stop by.

****Appointments can be made during morning hours by calling 416-979-1700 Ext. 502, or you can talk to Nick during drop in hours. ****

Events:

- **Food Market.** Thursday, September 2nd, 9th, 16th, 23rd and 30th at 12:00 noon.
- **Activities Planning.** Tuesday, September 14th at 3:45pm.
- **Members meeting.** Tuesday, September 14th at 4pm.
- **Board meeting.** Tuesday, September 14th at 6pm.
- **Bowling.** Thursday, September 16th @2pm.
- **Birthdays.** Help make a cake and celebrate those with birthdays in September. Friday, September 17th @2pm.
- **End of Summer BBQ Fiesta.** Friday, September 24th from 1-3pm.