



Hours of Service: Monday, Tuesday, Thursday & Friday: 10 am - 7 pm
Wednesday: 12 - 7 pm
Saturday & Sundays: 11 am - 3 pm

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: We will be closed Monday, October 13 for Thanksgiving
We will be opened at 2:00pm on Wednesday, October 1

Art Events:

- **Art Studio.** There will be no Art Studio on Wednesday, October 1. Art Studio takes place Mondays and Wednesdays from 12-4
- **Crafts.** Tuesdays from 1-4. This month we will be creating masks, jewellery and puppets. Tuesdays from 1-4 pm. Sound Times Studio.
- Join us for Halloween decorations October 21 @1pm
- Pumpkin carving Tuesday October 28 @1pm

Member Groups:

- **The Writer's Collective:** Mondays from 12:30-2pm. Join fellow members in the Writer's Collective to share prose, poetry and works in progress. New members welcome.

Harm Reduction & Wellness:

- **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 Thursday, October 9 at 2:00pm. See you there!
- **Weekly Relaxation Group.** This group provides Sound Times members with a proactive workshop, where you can learn useful breathing and meditation techniques (approx. 20 minute session). Breathing techniques have been helpful for people who are trying to handle stress and anxiety levels, or just to chill out and relax. The next meetings are on Friday, October 3, October 17 and October 31 at 1:00pm.
- **Anger Management Group.** What makes you angry? How can you use your anger in a positive way? Recognize where your anger is coming from and CONFRONT IT!!

Get hooked up with Ongoing Community Anger Management Programs. This workshop will take place Wednesday, October 22nd @2:00pm

- **Planting Herbs.** The Wellness Group has created a herb garden collective. Every month we get together to discuss holistic ideas relating to health including garden planting. We are currently working on creating a herbal reference book. If you are interested in researching and learning about herbs, come out to our next meeting on Thursday October 23rd at 2:00pm.

It's Your World Discussion Group. This group hopes to be a place for everyone to talk about how things work in everyday life and what they mean in the bigger world. Each week, we will discuss different issues in our society in the hopes that the conversation creates different ideas and thinking about the world.

- Tuesday, October 7 at 2:00pm - Sound Times Classroom. Topic: TBA
- Tuesday, October 21 at 2:00 pm - Sound Times Classroom. Topic: TBA.

Housing Rights Advocacy Group:

- Housing Rights Now! Toronto needs some shaking up. Let's kick some activist butt! Thursday, October 9 and Thursday, October 30 @ 3:00pm

Housing Support Group:

- Bring your issues around housing to this group and we will do peer support to problem-solve and look towards advocacy. Friday, October 17 @ 3:00pm. Sound Times Lounge.

My Mind Is My Own – Gaining Autonomy Through My Medication:

- Are you currently taking psychiatric medication? Do you have questions or concerns as to what role medication plays in your life? Are there questions you have about the medication in your daily life including side effects and withdrawal symptoms? Our next meeting is on Wednesday, October 1, October 15 and October 29 @2:00pm

Volunteer/Employment Group:

- We are working together to create volunteer opportunities and explore members' needs towards finding employment, whether you're looking for peer support, resources or a new resumé. Monday, October 6 and Monday, October 20 @ 4:30pm. Sound Times Lounge.

Too Cool For School:

- Thinking about going back to school? It's your right to have an education that is accessible. Come get information about things like funding, different types of

programs, accommodations for people with psychiatric disabilities, as well as peer support! Tuesday, October 14 and Tuesday, October 28 @ 3:00pm. Sound Times Lounge.

Activities Planning Committee:

- All members welcome and have a vote. Come build your skills with this member committee and plan Sound Times activities. We're member-driven, after all! Thursday, October 2 and October 16 @ 3 pm. Sound Times Classroom.

Events:

- **Sound Times Members' Meeting.** Tuesday, October 7, 4 pm.
- **Sound Times Board Meeting.** Tuesday, October 7, 6 pm.
- **October Birthdays.** Help make a cake and enjoy everyone's birthdays. Tuesday, October 21 @1:00pm
- **Bingo** Thursday October 23 @ 1:00pm
- **Halloween Party and Dinner** Come Join the fun with a Haunted House, scary movies, pumpkin carving/Halloween costume contest and dinner on Wednesday, October 29 10-6