



• NEWS • EVENTS • RESOURCES • OPPORTUNITIES • EMPLOYMENT • SELF-CARE • QUOTE

SOCIAL JUSTICE NEWS & VIEWS

NEXT WEEK ON THE SUNDAY EDITION, CBC RADIO ONE, FROM PRISONER TO PROFESSOR

Tune in to The Sunday Edition, Sunday, March 18th, for a CBC Radio One Documentary on exPrisoners who are earning degrees in prison to become professors at reputable colleges and universities, and how this is influencing prison reform. Two examples follow:

HE ROBBED BANKS AND WENT TO PRISON. HIS TIME THERE PUT HIM ON TRACK FOR A NEW JOB: GEORGETOWN LAW PROFESSOR.

“It’s one of the big social-justice issues of our time,” he said. The United States has 5 percent of the world’s population but 25 percent of its prisoners. “Between prison, jail, home confinement, probation, parole, combined it’s about 10 million people. It’s a big number.” And almost three-quarters of released prisoners are back in custody five years later. He hopes to change some of that.

https://www.washingtonpost.com/news/grade-point/wp/2017/04/21/bank-robber-turned-georgetown-law-professor-is-just-getting-started-on-his-goals/?utm_term=.773f5dd72da4

PROFESSORS WITH A PAST

Mr. Richards is a self-described "convict criminologist," one of a small, tightly knit group of ex-convict professors who are shaking up the criminal justice field by challenging some of the academic establishment's assumptions about prisons and inmates.

<http://www.nytimes.com/2003/08/09/books/professors-with-a-past.html>

WHY QUEBEC DOCTORS HAVE REJECTED A PAY RISE

Doctors from the Canadian province of Quebec have shocked the world by turning down a pay rise. Why would anyone turn down a pay rise?

For doctors from Quebec, the answer is simple: patient care.

<http://www.bbc.com/news/world-us-canada-43336410>

Breaking: Stronger protections coming into effect for temp agency workers

NEW LAW TO MAKE EMPLOYERS ACCOUNTABLE FOR TEMP WORKER INJURIES

Trailblazing reform will mean safer workplaces for temporary employees in Ontario, minister says. The new legislation comes following a Star investigation into how companies use temp agencies to cut costs and limit liability for accidents.

<https://www.thestar.com/news/gta/2018/03/08/new-law-to-make-employers-accountable-for-temp-worker-injuries.html>

CITY TO SET NEW STANDARDS FOR 24/7 DROP-INS, WARMING CENTRES

Toronto drop-ins will be adopting new standards to ensure people using the emergency warming centres have ample space and access to health services.

<https://www.thestar.com/news/gta/2018/03/02/city-to-set-new-standards-for-247-drop-ins-warming-centres.html>

BUGS AS LIVESTOCK? A CANADIAN INSECT FARM IS TAKING CRICKET POWDER MAINSTREAM: THE PERKS OF CONSUMING CRICKETS

There have been many studies documenting the advantages of eating crickets. [According to the UN's Food and Agricultural Organization](#), farming insects carries less environmental risk and requires much less water than raising livestock like cows or pigs.

.... the report also says crickets emit less greenhouse gases and ammonia than other livestock.

.... eating bugs comes with plenty of [health benefits](#). Insects can be a great source of protein and minerals like iron, zinc and magnesium.

.... just 100 grams of crickets contains nearly the same amount of protein as meat, but with fewer calories and less fat.

.... They're also beneficial to your immune system because they include a protein called [chitin](#), which promotes the growth of healthy stomach bacteria.

<http://www.cbc.ca/radio/day6/bugs-as-livestock-a-canadian-insect-farm-is-taking-cricket-powder-mainstream-1.4565666>

WHAT IF LIFE-SAVING NALOXONE KITS WERE ACCESSIBLE IN PUBLIC SPACES?

OCAD University design students have created a series of prototypes that would allow untrained bystanders to respond to an overdose

<https://nowtoronto.com/lifestyle/class-action/design-naloxone-kits-for-public-spaces/>

EXPERTS WEIGH IN ON FIVE ARGUMENTS AGAINST A \$15 MINIMUM WAGE

At the beginning of the month Ontario raised its minimum wage from \$11.60 an hour to \$14 — 21 per cent — en route to hitting \$15 next year, and the heart rates of those arguing about the impact seem to have jumped at least as much.

Despite rhetoric, a closer look at debate shows little to fear from wage increase for lowest paid.

<https://thetyee.ca/News/2018/01/12/Experts-Weigh-In-Five-Arguments-Against-Min-Wage/>

EVENTS

SUPPORT WORKERS AT TIM HORTONS

Friend, on Thursday, March 15 let's use all social media platforms at our disposal to call attention to Tim Hortons' ongoing attacks on workers' rights. [Click here right now to sign up and add your voice.](#) If enough people join the online action, a one-time message will be sent out simultaneously from all of our social media profiles to tell Tim Hortons to treat workers better.

[Click here now](#) to join the Thunderclap action for March 15.

Together, we have the power to pressure Tim Hortons and force the corporation to do the right thing. Here is how you can help:

<https://www.thunderclap.it/projects/68717-support-workers-at-tim-hortons>

INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION

Unite to Stop Hate, March 21, 2018, 7:00 pm, Toronto City Hall

<https://drive.google.com/file/d/0B6xvtjIJIPwzNUJqYk9CN1BWeUk0OC1QaGprcElsR3ZyWVNz/view?usp=sharing>

SPEAKERS SERIES: WHY TORONTO'S POOR SHOULD WELCOME REFUGEES

Thursday, March 15 | 6:00PM-8:00PM | CRC, 40 Oak Street (near Parliament and Gerrard)

Website | Facebook Free event with a meal, childcare, wheelchair access and tokens

There is a pervasive sense that refugees and poor immigrants, particularly those without full immigration status, take resources away from the poor who were born in Canada. Many politicians exploit this sentiment to sow division among the poor for personal gain. Even those politicians who may not be overtly racist, still imply that their failure (and in reality, refusal) to address poverty and homelessness is a result of a "refugee influx."

Do these claims have any merit? Has the rise in refugees seeking asylum triggered the shelter crisis in Toronto? Does government support for refugees mean less support for poor citizens?

Join us to discuss these and other important questions at this month's Speakers Series. The speakers will make the case for why we should welcome refugees and toss out our rulers. Join us for a meal at 6pm, and stay for the discussion.

“SUICIDE...IT'S EVERYONE'S BUSINESS”

You are invited – Please share with staff, students and community partners
Free Lecture, **Wed. March 7th, 1:00 pm - 2:00 pm**, Allan Waters Auditorium,
St. Michael's Hospital, 2 Queen Street East

TRANSFORMATIVE SOCIAL CHANGE SYMPOSIUM

Saturday, March 24, 2018, 9:00 am – 4:00 pm Free Entry
Humber College Lakeshore Campus Building L, Room 1017

<https://drive.google.com/file/d/0B6xvtjIJIPwzdFh6TzBZRWg5OEUzUEcyb1NOUUhCYjNxZFIN/view?usp=sharing>

Toronto West Local Immigration Partnership invites you to their **Year-End Event 2018 Service EXCELLENCE THROUGH PARTNERSHIPS: THE STORY OF SMALL & LARGE ORGANIZATIONS**

Friday March 16th 2018, 9:00 AM – 3:30 PM, Rexdale Community Hub ~ 21 Panorama Court

This event will focus on building the capacity of small and ethno-cultural organizations and promoting collaboration between these organizations and more established organizations that serve broader immigrant populations in Toronto West. The event will be facilitated by Amanuel Melles, Principal of Aman Consulting.

Please register for the event here: <http://twlip-year-end-event-2018.eventbrite.com>

For more information on the event please contact Sana Hafeez, Project Engagement Coordinator Toronto West Local Immigration Partnership

10TH ANNUAL FOUR SACRED COLOUR POW WOV

Saturday March 24th at 12 noon – Free
George Brown College 10th Annual Four Sacred Colour Pow Wow
George Brown College - Waterfront Campus, Toronto

MARCH FOR OUR LIVES

Marching in solidarity with our American friends in the fight to end gun violence.

March 24, 2018, 10 am to 1 pm, Starts at Toronto City Hall

<https://drive.google.com/file/d/0B6xvtjIJPwzbWxfRTh6aFk2LWtzRGpsU1hVUThFZ2FlZJ/view?usp=sharing>

#TACKLEPOVERTYTO

A panel series to generate bold ideas to set the stage for the next phase of the City's Poverty Reduction Strategy. March 12, 19, 26, April 16, 23, 6:00 pm to 9:00 pm, Toronto City Hall

<https://drive.google.com/file/d/0B6xvtjIJPwzRnh5OHhGUzBPYU9DQUNMeWFGTkNza3pTcjVv/view?usp=sharing>

To learn more about the City of Toronto's Poverty Reduction Strategy, visit:

www.toronto.ca/povertyreduction

2018 STREET NEEDS ASSESSMENT

On April 26th hundreds of volunteers and staff from the City and community agencies will be surveying people experiencing homelessness on neighbourhood streets and in emergency shelters to make sure that the programs and services in place are meeting their needs and helping to solve homelessness.

The Street Needs Assessment gives the City a detailed snapshot of who is experiencing homelessness in Toronto and what their needs are. Results from the previous surveys have helped to shape improvements in the services funded and delivered by the City to help people get and keep permanent housing. The 2018 survey will build on those findings as we continuously improve services.

Your participation as a volunteer helped to make past Street Needs Assessments a success. Please consider renewing your commitment to helping Toronto's most vulnerable people by joining us as a volunteer on the evening of April 26.

To register go to www.toronto.ca/homelesscount www.toronto.ca/homelesscount

TRYING TO GET IT RIGHT: INDIGENOUS AND NON-INDIGENOUS ALLIANCES WORKING FOR A BETTER ENVIRONMENT

Webinar series: Feb. 7, Feb. 21, March 7, **March 21**

Are you interested in building Indigenous and non-Indigenous alliances to strengthen collaborative initiatives? The environmental sector and Indigenous communities often have overlapping goals of protecting the health of land, water, air and wildlife. In this webinar series we will hear from partners, Indigenous and non-Indigenous, who have work together to achieve a unified environmental goal.

<https://www.eventbrite.ca/e/webinar-series-trying-to-get-it-right-tickets-42245268736>

ONTARIO FEDERATION OF LABOUR (OFL) EVENTS

Click on this link for details of the events listed on the next page:

https://docs.google.com/document/d/1DpyAi39w4M_GkvqrBMjel7ztB9LrDRABA0IVmQVrz4w/edit?usp=sharing

TORONTO HOMELESS MEMORIAL

The Toronto Homeless Memorial remembers those who have died as a result of homelessness in Toronto. This project is maintained by Holy Trinity and other concerned citizens.

In January of 2017, The City of Toronto announced the official tracking of homeless deaths. To date, at least 50 citizens of Toronto have died while experiencing homelessness this year.

There is a memorial service held on the second Tuesday of each month at 12:00 PM outside the south door of Holy Trinity. 2018 dates: January 9th, February 13, March 13, April 10, May 8, Jun 12, July 10, August 14, September 11, October 9, November 13, December 11

OPPORTUNITIES

LCO LAUNCHES CONSULTATION SURVEY TO HEAR ABOUT YOUR EXPERIENCES

Have you ever supported a family member, close friend, or acted as a substitute decision-maker for someone who received palliative care, or end of life care? Or, do you work in health care, academia, government, or another profession with knowledge or experience in issues during the last stages of life? We want to hear from you!

<https://www.lco-cdo.org/en/our-current-projects/improving-the-last-stages-of-life/public-consultations/>

HUMAN TRAFFICKING AND HOMELESSNESS IN THE DEVELOPMENTAL SERVICES SECTOR

An informative training for direct support professionals to help creatively meet the complex needs related to community living.

This full-day education event will be held on Tuesday, March 20, 2018 at the fully accessible Columbus Event Centre inside the Sala Caboto Ballroom (at Villa Colombo), 901 Lawrence Ave W., Toronto. Time: 8:30am to 4:00pm. Cost: FREE.

Breakfast and lunch will be provided, as well as a large paid parking lot on the premises.

Please complete the online registration by Friday, March 16, 2018.

CLICK HERE - https://www.surveymonkey.com/r/TransitionSeries_2018

For more information: https://docs.google.com/document/d/1an-9FY8OMWbLBcc-cSz-PEWIPaUIEYKty6uldJp_10/edit?usp=sharing

LET'S GET COOKING YOUTH COMMUNITY PROGRAM

The Let's Get Cooking – youth program will be starting on Wednesday January 24th. This winter food program will be for participant ages 16 to 24 and will run until April 18th, prioritizing racialized, Indigenous, newcomers, 2SLGBTQ, etc. youth in the Davenport West and St. Clair/Christie communities. This program will run **Wednesdays from 4:00 to 6:30 pm at the Green Barn.**

EMPLOYMENT OPPORTUNITIES

HAVE A DISABILITY? LOOKING FOR WORK? FREE FOOD HANDLERS & SMART SERVE CERTIFICATION

We can help! The CCRW Partners program is hosting a free Food Handlers and Smart Serve certification training on March 13th & 14th, 2018 for anybody that meets the eligibility.

<https://drive.google.com/file/d/0B6xvtjJIPwzdzBjdWJhdkhnYVVUNG1XcTZxV0Nzd2tycHFZ/view?usp=sharing>

ARE YOU LOOKING FOR WORK AND IDENTIFY AS HAVING A DISABILITY?

At the Learning Enrichment Foundation <<https://artreach.us1.list-manage.com/track/click?u=4ee5f6ab98a61b66b3847e683&id=0c2b52e75c&e=c1bf43e1e8>>, participants will receive: Services tailored to individual needs, Interview workshops, team building, Volunteering & networking events, Job search skills one-on-one assistance, and Paid work placement. Click here to learn more!

<<https://artreach.us1.listmanage.com/track/click?u=4ee5f6ab98a61b66b3847e683&id=dd88a328c5&e=c1bf43e1e8>>

NEED HELP FINDING EMPLOYMENT OR TRAINING?

St. Stephen's Community House's Employment and Training Centre has a variety of employment and free training related supports, and paid work opportunities available. Click here to learn more!

<<https://artreach.us1.listmanage.com/track/click?u=4ee5f6ab98a61b66b3847e683&id=5bba00eea1&e=c1bf43e1e8>>

RESOURCES

SEXUAL HARASSMENT AND HUMAN RIGHTS IN ONTARIO

Sexual harassment at work has been in the spotlight recently with media coverage often focusing on celebrities and politicians. And the [#MeToo movement](#) has raised awareness about the widespread nature of the problem.

This month's On the Radar talks about making a human rights complaint about sexual harassment at work. <https://mailchi.mp/cleo/on-the-radar-sexual-harassment-and-human-rights-in-ontario?e=b55fee6848>

TORONTO OPENS NEW SAFE INJECTION SITE AT FRED VICTOR CENTRE

New site at Queen and Jarvis streets will be open 7 days a week, 6 p.m. to midnight, Coun. Joe Cressy says

Toronto will open a new safe injection site at Fred Victor Centre on Wednesday after recently receiving federal approval, Coun. Joe Cressy said on Tuesday.

<http://www.cbc.ca/news/canada/toronto/safe-injection-site-fred-victor-centre-1.4544342>

NEW TOOLKIT FOR MUSLIM WOMEN SURVIVORS OF ISLAMOPHOBIC VIOLENCE IN THE GTA

The Rivers of Hope Toolkit is a new resource made by and for Muslim women survivors of Islamophobic violence. It features research, real-life stories, helpful tips, poetry by Muslim women, reporting options, and information for bystanders.

On Saturday March 17, the Toolkit will be launched in a special community event where 500 free copies will be available. **Everyone is welcome, but you have to register!**

RIVERS OF HOPE TOOLKIT LAUNCH, Saturday, March 17, 2018, 2pm - 5pm
[Daniels Spectrum Community Centre, 585 Dundas Street East, Toronto](#)

Get your free tickets on Eventbrite here: <https://riversofhopetoolkit.eventbrite.com>

To learn more about the research behind the new Toolkit, see <https://www.thestar.com/news/gta/2018/01/19/new-study-shows-prevalence-of-unreported-islamophobic-incidents-against-muslim-women-in-gta.html>

<https://drive.google.com/file/d/0B6xvtjJIPwzeUdhWTluSkhVanZ0V09uNzVveGZWSWVkt3Jj/view?usp=sharing>

FEDERAL BUDGET 2018: INCOME SECURITY HIGHLIGHTS

The federal Liberal government introduced its third budget on Tuesday, February 27. The Budget and all associated documents are available at this link: <https://www.budget.gc.ca/2018/docs/nrc/2018-02-27-en.html>

WHERE CAN I FIND SUPPORT GROUPS FOR LESBIAN, GAY, BISEXUAL, TRANS, QUEER OR QUESTIONING (LGBTQ+) NEWCOMERS?

Some large cities in Ontario may have support groups specifically for lesbian, gay, bisexual, trans, queer or questioning (LGBTQ+) newcomers.

Support groups can help you meet people and get involved in your new community.

<https://settlement.org/ontario/health/sexual-and-reproductive-health/sexual-orientation-and-gender-identity/where-can-i-find-support-groups-for-lesbian-gay-bisexual-trans-queer-or-questioning-lgbtq-newcomers/>

LIFE AFTER GANGS: HOPE, RESILIENCE AND REDEMPTION

Chris Courchene is harsh when he describes the man he once was: "Aboriginal, coming from the ghetto, ex-con, ex-gangster from the north side, good for nothing, just straight from the gutter, straight from the dirt".

He lives in Winnipeg, which has been described as Canada's "Aboriginal street gang capital." There are said to be 1,500 active gang members in 30 different gangs there.

Getting into gangs is the easy part, getting out nearly impossible. Chris did it though, and he is one of nine ex-gang members profiled in the new book *Redemption: Stories of Hope, Resilience and Life after Gangs*, written by [Anne Mahon](#).

<http://www.cbc.ca/radio/thesundayedition/the-sunday-edition-january-21-2018-1.4494755/life-after-gangs-hope-resilience-and-redemption-1.4494764>

PRO BONO ID CLINIC

This project is designed to help vulnerable people get the identification they need to access a variety of services, including health care and social assistance. I.D. is often lost, stolen, or difficult to acquire. <<https://artreach.us1.listmanage.com/track/click?u=4ee5f6ab98a61b66b3847e683&id=fe545420d6&e=c1bf43e1e8>> The CLASP I.D. Clinic will connect clients with law students who will assist them in filling out the proper documentation to apply for identification. The I.D. Clinic will operate Fridays from 12:30pm – 4:30pm at at the CLASP office, located within Osgoode Hall Law School. To book an appointment or for more information, please call the CLASP office at [\(416\) 736-5029](tel:4167365029) or e-mail at claspclinic@osgoode.yorku.ca.

HOMELESS HELP

If you or someone you know needs street outreach, please call 311.

In case of **emergency**, call **911**.

If you are in **crisis and need someone to talk to**, call the Toronto Distress Centre **416-408-HELP (4357)**.

If you are looking for **services not found here**, call **211**.

COMMUNITY FOOD CENTRES CANADA

News, Issues, Impacts, Partners & Programs, Knowledge Exchange, Get Involved

We know that collaboration leads to bigger impact. So we act as a central knowledge exchange hub for the broader community food security sector, providing an annual national conference, open-source tools and resources, trainings, and grants to our network of Good Food Organizations across the country. Through this community of practice we work to build capacity and impact with our partners and to make the case for increased funding across the community food sector.

<https://cfccanada.ca/>

SELF-CARE

SCIENCE SAYS DIM LIGHTS = DIM WITS. MORE LIGHT IS LIKELY A BRIGHT IDEA

Depending on the flexibility of your workday (and your tolerance for colder climes), you may want to bundle up and read this outside, or by a bay window. If you get any push back from the higher ups, tell them it'll be good for the bottom line: a little natural light will likely boost your brain function and your productivity. Should they remain unmoved, know that science at least, can back you up.

New [neuroscientific research](#) out of Michigan State University has shown that countless hours spent indoors under poor lighting may negatively affect our capacity for memory and learning. Data from the [recent study](#) also suggest that dim interior lighting, typical to the office spaces we often toil in, may even change our brain structure. And significantly so.

<http://www.cbc.ca/life/wellness/science-says-dim-lights-dim-wits-more-light-is-likely-a-bright-idea-1.4537586>

QUOTE

“NOTHING HAS ANY MEANING EXCEPT THE MEANING WE GIVE IT”

Harv Eker

"Using this phrase is like saying that life is really like a canvass. We have the choice to paint whatever we want on the canvass and therefore give that meaning. For example, experiencing failure is based on the meaning one gives it. Failure to one person could be considered as feedback and an opportunity to adjust focus for greater success for another."

<http://jameskilgarriff.wordpress.com/2010/02/25/nothing-has-meaning-except-the-meaning-you-give-it/>