

# camh connexions

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Spring 2025



## Community events season is here!

Let's make the most of the warmer months together! From May through October, we invite our local community to visit our Queen Street site for a series of vibrant outdoor events. From vintage clothing and local artwork to fresh flowers and live entertainment, there's something for everyone. Check out what's coming up:

**Toronto Flower Market** — Connect with growers, florists, and the CAMH community to celebrate and support Ontario-grown flowers and plants. Vendors donate a percentage of their proceeds to CAMH's Gifts of Light program, supporting patients' wellness needs beyond clinical care.

Join us from **10:00 AM - 3:00 PM** on these Saturdays: **June 14, July 12, August 16, September 13, and October 4.**

### Find us at TD Commons

Unless otherwise noted, all events will take place in the TD Commons green space, located at the corner of Shaw and Queen Street.





(Cont'd)

**Hippie Vintage Market** — A family-friendly market featuring vintage clothing, artwork, small-batch goods, and food and beverages. Vendors donate a percentage of their proceeds from each market to CAMH's Gifts of Light program, supporting patients' wellness needs beyond clinical care.

Join us from **12:00 – 6:00 PM** on these Saturdays: **May 24, May 31, June 21, July 5, July 19, July 26, August 9, August 23, September 6, September 27, October 4, October 18, and October 25.**



**Separate Beds: A History of Indian Hospitals in Canada Panel Event** — CAMH is pleased to welcome Dr. Maureen Lux to discuss her book, *Separate Beds: A History of Indian Hospitals in Canada, 1920s–1980s*. Hosted by Dr. David Gratzer, the event will cover racially segregated hospital care and the history of "Indian Hospitals" in the context of mid-twentieth century medicare.

Join us **Tuesday, June 3**, from **12:00 – 1:00 PM**, in the **Bell Gateway Building (100 Stokes St), 2nd floor.**

**Celebrating Pride at CAMH** — We are kicking off Pride Month by raising the Progress Pride flag at our Queen Street site. At CAMH, we are dedicated to fostering inclusive and safe spaces where everyone can be their true selves every day of the year. This event allows community members to gather and honour the 2SLGBTQ+ community while celebrating love, acceptance, and unity.

Join us **Wednesday, June 4** from **12:00 PM – 1:00 PM.**

## Event updates

Rain dates and schedule changes will be posted on our social media (see the back of the newsletter) and at [camh.ca/neighbours](https://camh.ca/neighbours).



**Music in the Park** — A free outdoor concert series hosted by CAMH's Gifts of Light, supporting patient wellness needs beyond clinical care. Experience the joy of live music with performances by talented local musicians. This event is open to the entire CAMH community—come connect, unwind, and celebrate the summer season through the power of music.

Join us from **3:00 – 3:45 PM** on **July 16, August 13, and September 17.**

**Creative on Queen** — For 23 years, CAMH has proudly participated in Creative on Queen, a vibrant art fair that's part of the Queen West Art Crawl. Each artist in our space brings lived experience with mental illness or addiction. This year, explore and shop one-of-a-kind artwork, handcrafted pottery, jewelry, and more from artists connected to CAMH, Workman Arts, Sistering's Inspirations Studio, and local Indigenous agencies.

Join us **Saturday, September 20**, from **12:00 PM – 6:00 PM.**





# Planting seeds of healing and growth at the Sunshine Garden

Nestled in the southwest corner of our Queen Street site, the Sunshine Garden offers CAMH patients a hands-on way to connect with nature. Led by **Javad Mozafari**, Garden Manager from **FoodShare**, patients take part in horticultural therapy while learning about food production and urban biodiversity.



In spring and summer, patients plant, compost, cook, and preserve their harvests. As the seasons change, their activities shift to the greenhouse, where they raise seedlings and take part in seasonal workshops. Beyond practical skills, the garden brings joy, a sense of community and a deeper understanding of nature and sustainable food systems.



## Garden highlights from 2024



Planted **15,000 seedlings** of **128 crop varieties**



Harvested **more than 3,200 lbs. of food**



Crops distributed to **35 communities**, supporting **800+ gardeners**



Composted **3,500 lbs. of plant material**



The Sunshine Garden hosts a weekly Garden Market from June to October, taking place **every Thursday from 11:30 AM to 1:00 PM**. Shop organic, affordable, and high-quality vegetables, herbs, and flowers.

Learn more at [camh.ca/neighbours](https://camh.ca/neighbours).





# Transforming spaces, advancing care

In 2024, we kicked off the fourth and final phase of CAMH's historic redevelopment! This stage involves constructing two new buildings at our Queen Street site.

- The **Temerty Discovery Centre**, a state-of-the-art facility, will be dedicated to housing CAMH's groundbreaking research.
- The **Waverley House Secure Care & Recovery Building** will replace our current facilities for patients with complex mental illnesses who have encountered the legal system.

For more information on upcoming events, community meetings, and redevelopment updates, visit our webpage for community members: [camh.ca/neighbours](https://camh.ca/neighbours).

## Construction activities scheduled for the spring and summer:

- Things are moving up! We've reached the point in our construction where we're building upwards. In the coming months, you'll see the upper floors of each building take shape – an exciting milestone.
- We will continue with forming, rebar, and concrete activities as we develop the structure of each building.
- We will continue placing subdivision utilities, including gas lines, hydro, cable, and telephone wires.
- Heritage wall and shed refurbishment will restart in May and continue through the year.

Thank you for your understanding and patience during this transformative time at CAMH. We are excited to be one year closer to transforming our Queen Street site into a more integrated and welcoming space.

## Reimagining CAMH: Meet Douglas

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"The redevelopment projects have been a change agent for CAMH, dramatically improving the conditions where our staff work and patients recover."

– Douglas Weaver, Senior Project Director

#FacesofCAMH

Learn more about Douglas and the other team members supporting CAMH's historic redevelopment at [camh.ca/redevelopment](https://camh.ca/redevelopment)



# Driving change, month after month

Monthly gifts ensure no one is left behind. This steady support creates lasting change and helps more people get the care they need, when they need it most. Join us in making a difference. [Scan the QR code to become a monthly donor today.](#)



Can we count on your support?

## Comedy with a cause

Meet [Ryan Zeitz](#) — comedian, advocate, and former CAMH patient. Through his show Mental Hell-th, Ryan uses laughter to break down stigma and open up conversations about mental health, all while raising funds for CAMH. This Mental Health Awareness Month, turn your passion into purpose. Whether it's hosting a comedy night or starting a fundraiser at work, you can make a difference. Email [fundraise@camh.ca](mailto:fundraise@camh.ca) to learn more.

## ★ The Heritage Wall: A symbol of CAMH's 175-year history

January 26, 2025, marked 175 years since the first dedicated mental health facility opened on what is now CAMH's Queen Street site. Since then, the hospital's physical spaces and care practices have significantly evolved.

The Heritage Wall sits along the southwest edges of our Queen Street site and dates back to 1852. Constructed by patients as part of their treatment, the wall bears inscriptions, words, and phrases. Over the years, sections of the wall have been demolished, rebuilt, and restored. In 1997, the City of Toronto designated the remaining wall a heritage property.

Preserving the wall and the surrounding buildings is essential to CAMH's redevelopment. The Heritage Wall honours the experiences of the patients who helped build it and serves as a reminder to reflect on the lessons of the past and work towards a brighter future.



# Introducing AMANI: Transforming Black mental health care

On March 4, as part of Black Mental Health Week, the Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY) introduced its new name and reimagined role—**AMANI: Mental Health & Substance Use Services for Black Youth**. AMANI is the first-ever Canadian hospital and community partnership focused on advancing care for Black youth. We were excited to host community partners from across Ontario, including patients and their families, to join us for this celebration.



AMANI: Mental Health and Substance Use Services for Black Youth represents a network of organizations in Ontario with a shared vision of providing services that support the mental health needs of youth who identify as African, Caribbean, and/or Black. AMANI—meaning peace in Swahili and wishes in Arabic—represents a commitment to care grounded in Afrocentric values. By strengthening connections between hospital and community-based services, AMANI will improve care transitions and offer culturally affirming supports tailored to Black youth, their families, and caregivers.

“The expansion of AMANI has been a dream come true for me,” says Donna Alexander, social worker for nearly 20 years. “Previously, families would travel up to two hours for a 60-minute appointment. Now we can provide more services to underserved youth in a way that reduces barriers and saves lives. I am extremely grateful for the progress we have made, and very excited about the future.”

Learn more at [camh.ca/AMANI-event](https://camh.ca/AMANI-event).



## Continue the conversation online

Get our latest community and redevelopment news at [camh.ca/neighbours](https://camh.ca/neighbours) and [camh.ca/redevelopment](https://camh.ca/redevelopment).

Send your feedback on redevelopment to [redvelopment.feedback@camh.ca](mailto:redvelopment.feedback@camh.ca).

To join our local community email list, please connect with [communityevents@camh.ca](mailto:communityevents@camh.ca).



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