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AUGUST 2017 | VOLUME 1 ISSUE 3

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KARIN KIDIKIAN:
Finding Personal Renewal
in Family, Work and Community



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Publication Team

Publisher:
Carol Eby

Content Coordinator:
Heather Rosen

Designer:
Brittany Hoffman

Contributing Photographer:
Storey Wilkins

Advertising
Contact: Carol Eby
Email: ceby@bestversionmedia.com
Phone: 416-779-4329

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January 1st.....	February
February 1st.....	March
March 1st.....	April
April 1st.....	May
May 1st.....	June
June 1st.....	July
July 1st.....	August
August 1st.....	September
September 1st.....	October
October 1st.....	November
November 1st.....	December

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Hello Neighbours,

The summer of 2017 is still going strong, with plenty of celebrations still to come in honour of Canada's 150th birthday. While the days may be getting a little shorter, the action is still heating up with a range of exciting activities and events for young and old alike during the lazy, hazy days of August.

Be sure to check out this month's Calendar of Events for some great ideas for soaking up the sun, great food, music and much more throughout Toronto and the GTA.

I hope you enjoy your time with family and friends before school and work start once again.



Carol Eby, Publisher
ceby@bestversionmedia.com

August is the perfect time to kick back and take advantage of the last days of summer, especially at Toronto's many great beaches and festival venues. For me, late summer means sipping a big glass of lemonade or iced coffee by the lake while taking in one of the many musical and multicultural events the season has to offer. Hope to see you there!



Heather Rosen, Content Coordinator
hrosen@bestversionmedia.com

**Storey Wilkins Photography
Contributing Photographer**

Storey Wilkins has been photographing Lawrence Park families for years. Her portrait sessions are the best way to capture the spirit of your family through a series of natural, joyful, and timeless photographs. Please visit www.storeywilkins.com to view Storey's beautiful photo gallery and to book your 2017 session.



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To learn more about becoming an expert contributor, contact Carol at ceby@bestversionmedia.com or phone 416-779-4329.



Home Care for Seniors
Brian W. Porter, BA, MEd, CPCA
Vice President and Director
Living Assistance Services
3335 Yonge St.
416-483-0070
www.LAServices.ca



Painting Specialist
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PHOTO BY KARIN KIDIKIAN

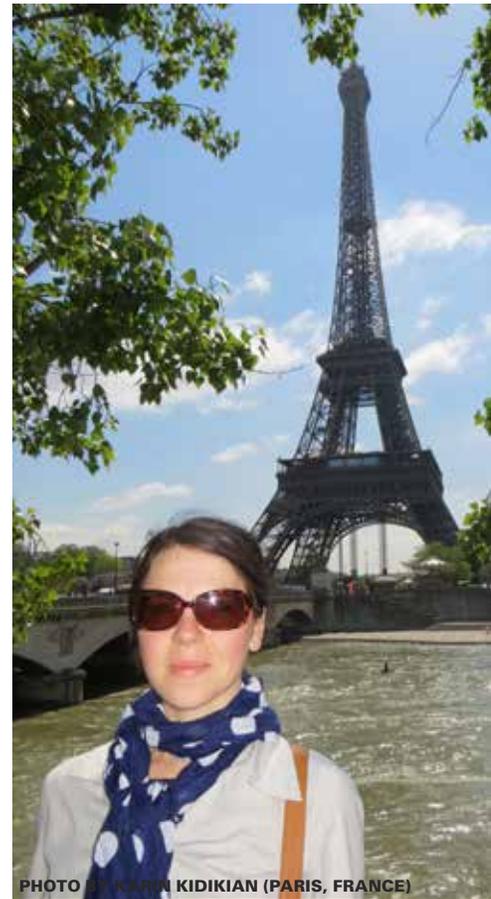


PHOTO BY KARIN KIDIKIAN (PARIS, FRANCE)

KARIN KIDIKIAN:

Finding Personal Renewal in Family, Work and Community

BY HEATHER ROSEN

Karin Kidikian's roots in Lawrence Park run deep. She was raised in the area from the age of 10, when her parents first settled in Lawrence Park North; they have lived there ever since. Her life has since come full circle: she is now raising her

daughter, six, and son, three, in the same neighbourhood that shaped her formative years.

Karin's many achievements stem from her parents' desire to give their children a better life in Canada. Karin's father, a successful businessman in his own right, had completed his university education the hard way by attending night classes after becoming accomplished in his field. Not wanting his three children to suffer the same hardships when completing their higher education, he worked hard to provide an excellent education for them, which included sending them to an Armenian private school until Grade 8. Karin later attended Havergal College, while her brother studied at

Upper Canada College and her sister attended Lawrence Park Collegiate. In her final year of high school, Karin spent the summer in England, completing her final OAC course to fast-track her way to university.

Her postsecondary education included four years at Trinity College at the University of Toronto, where she earned her B.Comm. in accounting at the Rotman School of Management. She was quickly recruited by KPMG in her final year at U of T, and spent four years working in their Mining, Retail & Distribution Audit department while earning her CPA, CA designation. Two years at the downtown office of KPMG were followed by another two at the Vancouver office. Then Karin

returned to Toronto to take a role in Shoppers Drug Mart's Finance department for nearly 10 years.

Karin was motivated to make some important changes after her divorce. She moved her children to a new home in Lawrence Park North, and recently embarked on a new career, KK Consulting, which allows her to make use of her extensive accounting and financial acumen.

In her new role, she offers financial advice to individuals – both men and women – who have separated and are either contemplating, or have initiated, divorce proceedings in accordance with Ontario Family Law. She prepares complete and accurate

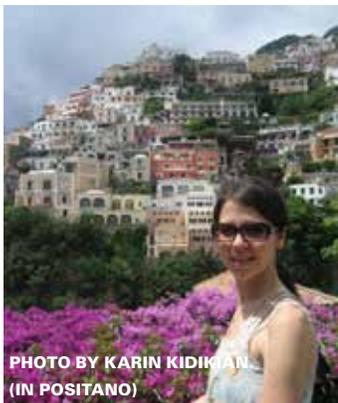


PHOTO BY KARIN KIDIKIAN (IN POSITANO)



PHOTO BY KARIN KIDIKIAN (IN FRANCE WITH HER SISTER AND MOM)



PHOTO BY KARIN KIDIKIAN

financial statements and Net Family Property statements for her clients while providing reasonable assurance on amounts disclosed by the opposite party. She also assesses the client's current financial state and future needs with the use of various financial models. When necessary, she works with Family Law Attorneys to sort through and organize often years of financial data to build a factual story for the client through analytics and detailed reports that will support his/her case.

Karin says her services support and complement the work of divorce lawyers and mediators, who often do not have the time or the resources to address these important financial aspects when divorce or separation agreements are being established.

She states: "As a CPA, CA with over 15 years of experience, I have a holistic view of finance. I have worked in various positions in audit, accounting, analytics and tax. I look at all aspects of a client's

situation and customize my services to meet his or her unique needs. My clients can and do benefit from current and future financial planning, plus tax planning services that I offer."

Karin chose this niche because she says that about seventy per cent of divorcing individuals do not currently obtain professional legal counsel, particularly when it comes to the financial aspects of divorce. Her own experience allows her to offer clients a unique perspective: "In my business, a huge part of my success comes from being relatable. I've been there, and I know what it's like. I know the challenges and even though every divorce is truly unique, I have lots of advice to impart, both professionally and personally."

A hard worker, Karin finds the time to ensure that she and her children enjoy a host of leisure activities. Her daughter takes swimming lessons at the local North Toronto Aquatics Club, and is also enrolled in ballet, art

classes and the LPAA soccer league. Just like Karin before her, the six-year-old attends an Armenian private school, where she excels at Armenian history, French and art, her favourite subjects.

Karin's three-year-old son plays soccer with Little Kickers, and takes swimming classes at the same pool as his big sister. "He's a very active and adventurous kid. From the age of two, he has been fearlessly diving into the pool and

climbing the various structures at the park."

Karin also makes sure to treat herself to both fitness activities and culture. An avid runner, she tries to run three or four times a week through Lawrence Park, pushing her young children in a Chariot stroller. Another passion is cycling along the many trails around Toronto, which she considers an important outlet.

From a young age, Karin has been a fan of the arts, thanks to her parents. She and her

FEATURE STORY

siblings were often treated to Toronto Symphony concerts and the ballet, as well as theatre productions in both Toronto and Stratford. She currently attends the annual Toronto International Film Festival (TIFF) and the Armenian Film Festival (POM).

In Lawrence Park, she takes her kids to the annual Wanless Park Fun Fair, where they all connect with neighbours and take part in the fair's activities in support of local charities.

Karin also participates in the International Women's Day Luncheon, hosted by the Armenian community every March. The keynote speaker this year was Pamela Jeffrey, President of the Pamela Jeffrey Group and founder of WXN, Canada's most powerful women: Top 100. "I enjoy being in a room full of smart, confident, empowering women, and look forward to this event every year," she says.

Karin also enjoys travel, and tries to make at least two trips a year to visit her parents at their winter home in Florida. She has fond memories of childhood road trips with her family to various places in the United States, and of overseas travel to Europe during her teen years. In the future, she hopes to take a bike tour of the vineyards of Napa and Sonoma, California, and eventually travel to Spain for tapas, one of her favourite international cuisines.

Even with a love of travel, Karin's life



is deeply rooted in Lawrence Park North, which she feels is a great place to live because of the neighbourhood's esthetics and her proximity to a brand-new park. She also finds the community welcoming: "I love how approachable everyone is. Whether we're meeting at a park or local café, everyone is very friendly and receptive to engaging in dialogue. My kids also have no trouble making friends at neighbourhood gatherings and events."

Although she just moved into her new home last year, she says: "I feel like I've known my neighbours for much longer than a few months. I look forward to watching our kids grow together in the coming years."

Not only are her neighbours an important part of her life, but so is her extended family. Karin remains close to her parents and siblings. Her family is her lifeline, providing much support and guidance to her and her kids. It also helps that her parents and siblings all live within five kilometres of each other. Being so close, she says, has allowed them to be there for one another, even during challenging times.

As a single parent, she has to juggle priorities to ensure she maintains a healthy work/life balance. "Being available and present for my children is my number one priority. When the kids are not in school or participating in activities, my work stops. Once they are in bed, I start up again. Working at unconventional hours is a small part of the sacrifice I have chosen to make for my family."

Karin maintains a positive attitude toward her new home, new career and new life in Lawrence Park North. Her motto, a powerful quote from author Andrea Beaty, is etched on a chalkboard in her room. It reads: "Life might have its failures, but this was not it. The only true failure can come if you quit!"

Do you know a neighbour who has a story to share?
Nominate your neighbour to be featured in one of our upcoming issues!
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CALENDAR OF EVENTS

**(CONTINUING) MON. MAY 23 – FRI. SEPT. 1
Street Art 2017**

Watch history come to life as Mackenzie House's seven street artists draw episodes highlighting moments from Toronto's history. The drawings are being created downtown or near the spot they occurred, using only sidewalk chalk. This program is presented as part of TO Canada with Love, the City of Toronto's year-long program of celebrations, commemorations and exhibitions honouring Canada's 150th birthday. Time: See website for details
Cost: FREE
toronto.ca/mackenziehouse

**FRI. AUG. 11 – SUN. AUG. 13
Taste of the Danforth**

One of Canada's largest cultural festivals, this annual Greektown event draws over 1.5 million visitors over three days. It features the best of Hellenic culture and music, a Sports Zone, a Kids' Fun Zone, plus food from Greek and many other ethnic restaurants. Opa! Time: See website for details
Cost: FREE admission and entertainment; food costs vary by vendor
tasteofthedanforth.com

**FRI. AUG. 18 – MON. SEPT. 4
Canadian National Exhibition**

Canada's largest annual fair has been a family tradition since 1879. The Ex features rides, midway games, live entertainment, a shopping pavilion, the Food Building, the Air Show and much more. Time: See website for times
Cost: General Admission, \$19; Children 5-13/Seniors 65+, \$16; advance ticket discount until Aug. 17. Visit website for full pricing details, including specials and passes.
theex.com

**THURS. AUG. 10
Teddy Bear Tea at Whitchurch-Stouffville Museum & Community Centre**

Bring your children and their favourite teddy bears for a fun-filled morning of bear-themed activities, including a story, craft and snack. Recommended for ages 3 to 8. Time: 10-11am
Location: 14732 Woodbine Ave, Gormley
Cost: \$5 per child; pre-registration required. Call toll-free 1-888-290-0337 or 905-727-8954
townofws.ca/museum

**FRI. SEPT. 1 – MON. SEPT. 4
Toronto International BuskerFest**

Come and watch a slate of roving international performers in colourful costumes in the downtown core. Performances are often spontaneous, and can take place at any time during regular festival hours. Be on the lookout for musicians, magicians, mimes, jugglers, comedians, acrobats, clowns, break-dancers and much more. Time: Fri. Noon-11pm, Sat. 11am-11pm, Sun. 11am-10pm, Mon. 11am-8pm; visit website for general performance information
Cost: Admission by donation (pwyc) at the entrance, in support of Epilepsy Toronto
torontobuskerfest.com

**(CONTINUING) THURSDAYS, AUGUST 10, 17, 24 & 31
Play the Parks at College Park**

The fifth season of Play the Parks is well underway, with free lunchtime concerts every Thursday in the College Park Courtyard. Join us and hear up-and-coming Toronto artists play in the summer sun, courtesy of the Downtown Yonge Business Improvement Area. Time: 12-1pm
Cost: FREE
downtownyonge.com/playtheparks

**SAT. AUG. 5 – SUN. AUG. 13
Rogers Cup Tennis**

This year, the best players in women's tennis come to Toronto. Catch the excitement and root for your favourite singles and doubles players. The event offers a range of individual tickets, multi-session ticket packages and entertainment options to suit your schedule. Time: Visit website for times
Cost: Visit website for ticket prices
tickets.rogerscup.com/Toronto

**(CONTINUING) FRI. AUG. 25
DX Friday Eye Openers**

On the last Friday of every month, the Design Exchange (DX) opens its doors and offers free, hour-long guided tours of its collection and special exhibitions highlighting Canada's rich design heritage. Time: 12-1pm
Cost: Monthly Eye Opener tours are FREE; no tickets or reservations required
dx.org

**(CONTINUING) FRIDAYS, AUG. 25 & SEPT. 2
Ghosts and Spirits of the Distillery**

The Distillery District is now a popular tourist attraction featuring shops, restaurants and special events, but years of accidents, whiskey-making and the War of 1812 left their mark, making it one of the most haunted places in Toronto. Stroll the cobblestone streets of this historic District by lantern light and be on the lookout for ghosts! Time: 7:53-9:15pm
Cost: Advance reservations required; call (416) 238-1473. Adults \$19.75, Youth (10-17) \$16.75, Children (under 10) FREE with accompanying adult.
hauntedwalk.com/toronto-tours/

**SUN. AUG. 27
2nd Annual Yoga 4 Charity in Lawrence Park**

Everyone is invited to join us on the grass in the beautiful Lawrence Park ravine for a glorious Sunday morning of yoga, charity and community. We offer a choice of two start times, 9:30am or 11:15am. Both classes will be taught by fabulous instructors, and include just over an hour of yoga, cool lavender cloths during sivasana and refreshing David's Tea during our community time afterwards. All proceeds go to charity, and each participant will receive a 25% off gift card from Lululemon. Time: 9:30am or 11:15am start time
Requested donation: \$25
Visit yoga4good.ca for details.

**SAT. SEPT. 9 – SAT. SEPT. 16
Wellspring Peloton**

Take part in two unique cycling adventures to support those living with cancer. Join the Peloton Challenge, an eight-day, 3,000 km cycling journey from Oakville, ON to Miami, FL, or the Peloton Experience, a one-day (60 km or 110 km) cycling adventure throughout Southern Ontario. Both cycling events raise funds to provide programs and services at Wellspring, for those living with cancer and their loved ones. Visit www.wellspringride.ca for more information or to register today

Join the Lawrence Park Community Facebook Group



The Lawrence Park Community Facebook group was created to keep our families connected. We want to build a forum to keep up-to-date information on our neighbourhood and be able to communicate on any topic that will help each other. Feel free to post openly and invite your neighbours to join the Lawrence Park Community group on Facebook!

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STUFF KIDS WANT: THEME PARK PASSES

By Karen Holland, Founder, Gifting Sense



We help parents teach their kids to think before they buy.



At some point this summer, your kids will probably ask you to go to a theme park. They may even ask for a season pass. A theme park pass is the perfect purchase to consider with a Gifting Sense Gift Survey. Why? Because while parents already know that even a day at a theme park such as Canada's Wonderland actually costs a lot more than just the gate entry fee. When kids take two minutes to answer the questions contained in an Experience (versus Item) Gift Survey, they too are reminded to include the "extra" but real costs associated with theme park visits. These additional costs include safe transportation, snacks and souvenirs.

Let's walk through the DIMS (Does It Make Sense) Score calculator questions to see why a theme park pass could actually make a lot of sense:

Question 1: Do you know when and where this event takes place? Good news: When you drop your kids off at a theme park, you know (geographically speaking) where they are for the allotted time and, because theme parks train their employees to ensure the well-being of their guests, you

can be reasonably sure they'll be safe.

Question 2: Would this experience help you learn a new skill? The surprising answer here is yes, it could. Many middle school-aged children receive their first taste of independence going to a theme park with classmates on end-of-school-year excursions. A theme park pass can pave the way for that independence to grow over the summer if you add "bring a friend" capability, allowing your child the opportunity to treat others to a day at the park (for example, visiting cousins). Parents have also been known to purchase passes for older babysitting teens to take younger kids to the park, when they themselves are unable to go.

Question 3: Is this your first time going to an event like this? Many young teens experience rites of passage such as seeing their first concert at a theme park. Who among us cannot recall the first time we were in a throng of people listening to some of our favourite music without our parents? These mini-opportunities to make decisions without a parent at hand can be helpful stepping-stones to becoming an independent young adult.

Question 4: Would attending

this event require you to miss school? Nope. School is out for the summer!

Question 5: Is there a safe way for you to get to this event and back? This question is one of our "deal breakers". If you can't answer "yes," then you can't achieve a DIMS Score of 8/10 or greater, our benchmark for whether or not a purchase makes good sense.

Question 6: Do you have a friend who would be attending with you? Most kids will only want a pass if they have a friend who is also getting one, or as mentioned in Question 2 above, they can add "bring a friend" capability to their pass. Who wants to go to a theme park alone?

Question 7: Would you have to buy new clothes or other items to attend this event? Nope.

Question 8: Would this experience help prepare you for college or university? Another surprising answer...a theme park pass can actually introduce kids to all sorts of different jobs and interests (child care, animal care, health care, the performing arts, the culinary arts), and can thus uncover post-secondary pursuits they might never have otherwise considered.

Question 9: Will you put some

of your own money towards paying for this experience?

Every family will have their own rules, but one suggestion is that if parents pay for the season pass and safe transportation, kids have to use their own pocket money for snacks and souvenirs. Watch how quickly snack consumption declines when that \$12 pretzel comes out of their own account!

Question 10: Does attending this event tell people what you want them to know about you? This question is meant to ensure that kids don't attend events merely because their peer group does. As we are hard-pressed to name a theme park that goes out of its way to model poor behaviour or ethics, it's probably safe to answer yes here.

We hope the above-noted quickly demonstrates how having your kids complete a Gift Survey can prepare the whole family for as productive and thorough a conversation about a potential purchase as possible. Take one for a test drive today by visiting www.giftingsense.com.

This article is an excerpt from "Stuff Kids Want: Theme Park Passes," originally published on the Gifting Sense Blog "MAGiC" (Money & Gift Competence).

HOW SMART PEOPLE MANAGE THEIR MONEY. THEY DON'T.



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Youth Mental Health is a Community Concern that Needs Community Action

By Nicole German, Resident of Lawrence Park South

At a time when 3.2 million Canadians aged 12 to 19 years are at risk of developing depression, and suicide is second only to automobile accidents as the leading cause of death among 15-to-24-year-olds, we as a community must come together to ensure that we all open our eyes, ears and arms to supporting youth and their families struggling with mental health concerns.

In April 2015, we lost our beautiful daughter, Madeline, to depression. It was and continues to be beyond surreal to Maddie's family and friends and, in fact, the entire community. While Madeline struggled for quite some time, very few knew that she was ill because of her request to keep it private, as well as our natural instincts as her family to protect her from stigma and judgment.

However, when she passed,



there was an incredible groundswell of community support. Many were willing to embrace our openness about what had happened and our need and desire to start a conversation. Through this experience, we learned that so many other families and youth struggle with mental health concerns, just as our family did.

The statistics* speak for themselves:

- One in five children in Ontario struggle with mental health challenges such as depression, anxiety, substance abuse, self-harm and eating disorders
- Only 20% of struggling children and youth get access to care
- Fully 70% of mental health problems first present during childhood or adolescence
- Youth mental health issues rank as the second-highest hospital care expenditure in Canada
- While mental illness constitutes more than 15% of the burden of disease in Canada, these illnesses receive only slightly more than 5% of health care dollars

This issue, sadly, is not going away in short order, nor

can we ignore it. In fact, we must ensure that we build the support mechanisms for our families to cope and support these youth, as they are our future.

That's why we founded the Maddie Project (www.themaddieproject.ca) to address youth mental health. The project's goals are to raise awareness by sparking conversations about youth depression and mental health concerns, and to help provide unlimited access to support for youth and their families.

Adults need to keep their eyes open for signs that a child may be struggling. Whether you are a coach, a teacher, a friend, a counselor, a relative or a friend's parent, it is critical to be open and caring. As adults, we need to show and teach both empathy and compassion to let our youth know that it's okay to let us know if they are struggling – or even if they just feel “off” and aren't sure what is wrong. It's also important for youth to become self-aware about any mental-health issues affecting them, as this is also key to helping them get the help they need.

You can help and engage youth by simply opening your mind and heart to speak freely



about the importance of youth mental health, at home and in your community. If you can, get involved with programs that increase awareness and reduce the stigma of mental health issues. Advocate and support youth mental health services through fundraising initiatives in your area. Let's act now and work together, because our kids can't wait!

Nicole German is Maddie's mom and founder of the Maddie Project. To join the Maddie Project community or learn more how you can help support the mission, visit

www.themaddieproject.ca

#kidscantwait #shinebright

**Sources: Canadian Mental Health Association, Centre for Addiction and Mental Health CAMH*



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Nestled in the heart of Leaside is Holland Bloorview Kids Rehabilitation Hospital, Canada's largest children's rehabilitation hospital focused on improving the lives of kids with disabilities.



In 2014, Holland Bloorview became one of the first in the world to launch a pediatric concussion centre. Now world-renowned for its innovative approach and work in helping kids return to their lives following concussion, the concussion centre focuses on clinical services, research and education.

A concussion, or brain injury, is a very common injury in kids and youth that can cause physical, mental and emotional symptoms. It is estimated that 10 to 15 per cent of kids enrolled in organized sports will sustain a concussion each year. When you manage a concussion properly, most children will recover within a few weeks.

However, everyone's concussion experience is different. Any parent whose child has sustained a concussion knows that it can be a very frustrating and stressful experience.

After a diagnosis, most parents are not sure what to do next to help their child recover. This is why Holland Bloorview's concussion centre is focused on providing

services that meet the needs of kids and parents. For example, the hospital hosts 'Concussion & You' education and support sessions for families, delivered by concussion experts in person or by live webi-

nar. These complimentary sessions, which last from one to two hours, provide families with the most current information about concussions. Families leave with management strategies they need to best support recovery.

"We pride ourselves on looking at the whole person, not just the brain injury, and develop services, education and programs around getting kids back to the activities that matter to them," says Jason Carmichael, co-lead and director of business development. "Our team focuses on providing the most evidence-informed services, in a way that makes a real difference in the lives of kids and youth following a concussion."

Youth brains are still developing and require a unique approach to concussion care. The concussion centre includes clinicians specifically trained in pediatric brain injury and researchers who are international leaders in treating youth concussion.

Holland Bloorview's concussion centre sees thousands of kids and youth for early

care programs, which include baseline testing and physician-led clinical services. It is also home to the only government-funded concussion clinic in Ontario for kids with persistent symptoms of concussion, which occurs in about 30 per cent of kids and youth.

Further, the concussion centre has established many partnerships with sports and school communities, many in the Leaside area, to strengthen concussion awareness. Collaborations to date consist of over 15 organizations including the Greater Toronto Hockey League, Ontario Soccer Association, the Toronto FC, Ontario Basketball, the Toronto Soccer Association, the Leaside Hockey Association and Crescent School.

"While we're local to North Toronto, our roots are everywhere," says Carmichael. "As experts in pediatric concussion, we need to partner, teach, explore, and expand to make a meaningful difference in the lives of Canadians through education, research, and care. We take brain injury to heart."

To learn more about the Holland Bloorview concussion centre please visit www.hollandbloorview.ca/concussion, or follow them on twitter @KidsConcussion.




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Don't Tick Me Off!

By Dr. Christine Palmay, MD, CCFP



Lyme disease can be a serious illness leading to neurological or cardiac consequences in its most severe form. The bacterial culprit is spread by a certain species of ticks known as black-legged ticks, which are found in forests, wooded areas, tall grass and leaf piles.

Early symptoms can be nonspecific and resemble basic flu-like symptoms (fever, muscle/joint pains, headaches). Conversely, some affected individuals may be completely asymptomatic, making the disease difficult to diagnose.

Surveillance by Public Health Canada in recent years suggests that populations of black-legged ticks are spreading in eastern and central Canada. Lyme Disease has therefore appropriately become a topic de jour in our mass media.

As summer continues and more Canadians spend more time enjoying the great outdoors, we need to educate ourselves regarding Lyme Disease and practise good prevention techniques to avoid tick bites.

Be Informed

Inform yourself about high-risk areas. Public Health has updated maps that highlight hot zones where black-legged ticks have been found. Public Health's 2017 updates suggest that nearly all of Toronto and parts of York and Durham Regions have been deemed high-risk areas. Public Health officials are therefore shying away from focusing on specific areas, but are encouraging the public to simply be aware and broadly take precautionary measures.

Be Prepared

According to Public Health Canada, there are some basic ways we can protect ourselves from tick bites:

- Stay away from densely wooded areas or tall bushes/grass
- Wear light coloured-clothing; long sleeves and long pants work best
- Use insect repellent containing Deet
- If venturing out in a high-risk area, check yourself for ticks. Upon returning from a high-risk area, promptly take a shower or bath, and check your bath water for ticks.
- Wash clothes and place in the dryer for at least 60 minutes to kill off any attached ticks

Be Aware

A classic tick bite results in a localized skin lesion known as *erythema migrans*, classically described as a painless, itchy annular (meaning ringed) red lesion. However,

variations in this classic form can occur. It is therefore important to seek medical attention if you have any concerns.

If a tick is found attached to an individual's body, seek out proper medical advice as to how to safely remove the tick without crushing its body and leaving a remnant in the skin.

Finally, seek medical attention promptly if you believe you may have been bitten by a tick. Treatment with oral antibiotics, based on presentation (meaning clinical symptoms and appropriate history), is now the standard of care. Bloodwork can be ordered to confirm the disease, but is not essential to initiate treatment.

For further information, consult Public Health Ontario or Public Health Canada.

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Downsizing the Family Home

By Jessica Zufferli, Professional Organizer and a neighbour in Lawrence Park

One of the many great things about our Lawrence Park neighbourhood is the multiple generations of families that live here. Some people grew up here and are now raising their families in or near their childhood home. At some point, these larger homes can become too much for elderly adults, and that's when the discussions begin about what to do with the family home.

I have been reading a very informative book entitled *Downsizing the Family Home* by Marni Jameson. Here are a few of the highlights:

Downsizing does not have to be sad. Rather, it allows you and your family the opportunity to “find lost treasures” and know exactly what you want to keep. Parts of the sorting will be emotionally taxing and at times feel overwhelming, but pushing through those pauses is well worth the payoff of feeling less stress and more freedom. Jameson reminds us that “we are not our stuff!” While we think our things define us, they do not, nor do they either enhance or detract from memories we hold in our hearts.

Don't wait until it is too late. If you don't already make sorting and purging part of your way of life, you can start now. Take

advantage of this time when you are feeling strong and involve your family in the process. Adult children will be forever grateful if they have a firm understanding of what is important to preserve in the family. It also allows you time together to tell stories or family history that you may miss otherwise. Who knew that old pillow was hand-stitched by a beloved great-grandparent!

You do not have to do this alone. Plan time to share the experience with your adult children, even grandchildren – they may relish that old high school yearbook or stamp collection. Hearing these stories straight from you will be a priceless experience for them. And remember, there are professionals to step in and provide guidance, if needed. Sometimes this is a great idea to help defuse family dynamics.

As a professional organizer, I have found it helpful for families to call upon an objective eye in the downsizing process. Often times, when families are dealing with such personal histories and collections, a neutral party becomes a vital part of keeping things moving and avoiding the emotional toll it can take on siblings or extended family.

There are also many specialty services for unique items in a family estate. Sentiment is just fine, within reason. But if we are to be honest, there are usually just a few very meaningful pieces worth keeping. The more we keep, the less valuable each item becomes. In other words, if everything is important, nothing is important!

Downsizing the family home can be a very emotional task, but I would urge you to consider the benefits of doing so with your loved ones while you are still willing and able. This will allow you to share wonderful memories and leave an organized and meaningful amount of “stuff” to the next generation.

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194 Lawrence Ave. W.	\$998,900	2+1	2	294 Bedford Park Ave.	\$2,249,000	4+1	4
95 Lawrence Ave. W.	\$1,039,000	3	1	72 Old Orchard Grove	\$2,433,000	3	4
212 Ronan Ave,	\$1,198,000	3	3	357 Douglas Ave.	\$2,628,000	3+1	5
211 Old Orchard Grove	\$1,295,000	3	2	81 Bedford Park Ave.	\$2,648,000	4+1	5
90 Douglas Ave.	\$1,325,000	3	2	130 Wanless Ave.	\$2,649,000	4	4
75 Glengarry Ave.	\$1,389,000	3	3	149 Ronan Ave.	\$2,859,000	4+1	5
272 Glenforest Rd.	\$1,395,000	4	4	91 Glengarry Ave.	\$2,888,000	4+1	4
110 Lawrence Ave. W.	\$1,488,888	2+1	3	100 Roslin Ave.	\$2,950,000	5+1	4
167 Old Orchard Grove	\$1,579,000	3	1	100 Snowdon Ave.	\$2,988,800	4+1	5
183 Glengarry Ave.	\$1,598,000	2	1	293 Deloraine Ave.	\$2,988,800	4+1	5
13 Bocastle Ave.	\$1,699,900	3	2	290 Fairlawn Ave.	\$3,199,000	4+1	5
57 Jedburgh Rd.	\$1,870,000	4	3	177 Teddington Park	\$7,995,000	6	6
108 Brookdale Ave.	\$1,895,000	3+1	2	165 Teddington Park	\$8,000,000	6	6
277 Bedford Park Ave.	\$2,098,000	3	4	113 Mildenhall Rd.	\$12,800,000	5+1	7
226 Lawrence Ave. W.	\$2,100,000	2	3				
347 Woburn Ave.	\$2,198,000	3	3				

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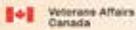
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PET OF THE MONTH CHEEKY T.

Story and photo by Heather Rosen

Cheeky T. (as in T. rex!) is a 16-year-old Green-cheeked Conure. His favourite foods are strawberries, pasta and corn-on-the-cob. Cheeky T. is happiest when having his head scratched, stealing potatoes from Mom's plate, dancing to the musical stylings of *Chicago*, and ordering his human flock to "Come HEEEEERE!" He's a busy little guy, but he always finds time to stop and smell the roses.

WELLNESS. WELL-BEING. WELLSPRING.



By Margaret Valois, Director, Communications & Marketing, Wellspring Cancer Support Foundation



“My doctor helped me physically, but Wellspring healed me emotionally and psychologically. I don’t know what I would have done without the support provided to me by Wellspring.”

Nestled in the heart of the Lawrence Park community and located prominently on the grounds of Sunnybrook Hospital is a warm and inviting centre where individuals and their loved ones come to receive emotional support, information and self-help skills following a diagnosis of cancer. The centre is called Westerkirk House, and is the home of Wellspring Cancer Support Foundation. Wellspring is an organization that, for the past 25 years, has been offering innovative, professionally-led programs and services, at no charge, to enhance the quality of life for those living with cancer.

Tens of thousands of men, women and children have benefitted from Wellspring’s innovative and creative approach to cancer care. Wellspring understands that the impact of a cancer diagnosis extends well beyond the medical challenges, and that emotional, physical, practical and supportive care are also needed to help individuals get through such a difficult time. Programs are available on a drop-in or registered basis. There is no charge to attend, and no medical referral is required.

Being part of the compassionate and understanding Wellspring community means having the opportunity to talk with others who have been through cancer, having access to experts, and sharing knowledge and experience in a warm, safe, encouraging and non-clinical environment. Every person who visits Wellspring is first greeted by a peer support volunteer who helps them identify the resources and the best program options that meet their individual needs based on where they are on their cancer journey.

Through specialized, evidence-based programs like Cancer Exercise, Nourish, and a variety of support groups and coping programs that teach the self-help skills needed to enhance quality of life, those who attend Wellspring soon learn how to feel better in mind, body and soul.

“Attending programs at Wellspring has had a great impact on my spirit and helped me cope with the cancer and the pain. Thank you Wellspring, for taking care of me and for providing a loving atmosphere to feel well again.”

Over the past quarter-century, the demand for services at Westerkirk House has been remarkable. It wasn’t long after opening that the facility was faced with an urgent need to expand. Today, Wellspring operates out of four distinct centres in the Greater Toronto Area and

an additional four centres in communities across Southern Ontario and Alberta.

With no government or health care funding, Wellspring’s ability to grow is because of the generosity of individuals, foundations and corporations who understand the need.

Recent statistics indicate that the incidence of cancer in Canada is both large and growing. However, no matter the individual or diagnosis, the experience of the cancer remains largely the same for everyone: it is terrifying, isolating

and overwhelming. More than 85 per cent of cancer patients experience the non-medical consequences of cancer and its treatment: the fear, anxiety, pain, financial worries, isolation and guilt. That is why Wellspring has continued to provide a warm and embracing community of support for the past twenty-five years.

If you or a loved one has cancer, Wellspring is here to help. To find out more, please visit www.wellspring.ca, or call **416-480-4440** or visit Westerkirk House at 105 Wellness Way, Toronto, ON, M4N 3M5.



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