

Come Celebrate the 22nd Anniversary of

A-WAY EXPRESS

Toronto's Environmentally Friendly Same-Day Courier,
Managed and Staffed by Survivors of Mental Health Challenges Since 1987.

Help us raise funds to establish a new social enterprise: *Applause Gallery Café*, an artist-friendly venue for musicians, singer-songwriters, poets, painters and writers — and create more jobs for survivors in a truly supportive workplace!

PARTY TO THE REGGAE RHYTHMS & RHYMES OF RITALLIN & INSTANT RELEASE

Please Join Us

Friday, June 5th

Starting at 7 pm sharp
and ending at 10 pm

Church of the Holy Trinity

10 Trinity Square, on the west side of
the Eaton Centre, north of Old City Hall

ADMISSION \$10

LEGAL ADULT PHOTO I.D. REQUIRED



Poet Laureate for the International Initiative for
Mental Health Leadership, Greg Frankson,
a.k.a. Ritallin, is bringing his band
"Instant Release"
to support the cause of survivors.

Since coming together in summer 2008, Instant Release has been perfecting its bass-heavy, unique melodious sound. Blending elements of reggae, soul, hip-hop, R&B, calypso, African, funk and spoken word, the group is working hard to bring its blend of sounds and words to the people. Just like the drug Ritalin, the band drops an instant release of positive energy, uplifting lyrics, pulsing urban beats and emotional responses sure to leave you craving more. With Ritallin on lead vocals and the band blending voice, beat and strumming into a wide variety of soundscapes, Instant Release will inspire you to leave your chair, get on your feet, and feel the groove.

Lend your ears to the words
of Toronto Performance Poet

Kiki Mahy



Kiki Mahy is a creative, free spirited moonchild
navigating the path of life with gratitude,
humility and the sweet taste of poetry
on her tongue.

This event held under the Authority
of a Special Occasion Permit issued by:
**Alcohol and Gaming
Commission of Ontario**

For more Information, please visit
www.awaycourier.ca
or call 416-424-2266, ext. 242

FOOD & BEVERAGES

prepared and served by our
brothers and sisters from

The Raging Spoon

Restaurant and Catering

This event was made possible with the
generous financial support of :



The John and Pat McCutcheon
Charitable Foundation

50 DOOR PRIZES
worth over \$5,000
donated by

Kumari's

94 Cumberland Street in Yorkville
www.kumaris.ca

