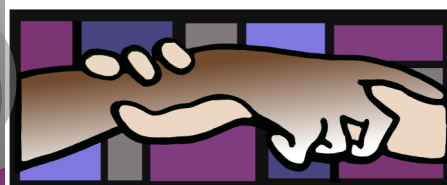


The Rights Stuff Winter 2013/14



*Our mission is to encourage,
enable and empower
the voice of consumers in the
mental health system*

Dec 2013 • Jan • Feb 2014

Computers & Computer Training are Coming to MHRC

Mental Health Rights Coalition and its Board of Directors is delighted to announce an exciting opportunity provided by the Ontario Trillium Foundation to enhance the lives/skills of members of our community.

MHRC seeks to improve our efficiency for providing peer support and services while providing opportunities for staff, volunteers and members to participate in training that will build skills for personal growth and meaningful roles in the community. This project will support members in their recovery and personal growth and provide access to computers for many who do not otherwise have access. This project will provide computers for Mental Health Rights Coalition and its members with training and mentoring in multiple areas of computer skills. We will provide staff with an opportunity to mentor members in the new computer skills they have required.

This initiative addresses social determinants of health, providing access to computers that help individuals pursue opportunities in the community, providing transferrable skills that individuals can use in broad areas of their lives, addressing areas of social status, support, employment, education, and housing needs.

Please see our related job posting on page 4.

Watch for your opportunity to participate in computer skills training in the coming year.

Mental Health Rights Coalition is very grateful for the support of the Ontario Trillium Foundation.

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Views and opinions expressed in this newsletter are not necessarily those of Mental Health Rights Coalition.

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

An agency of the Government of Ontario.
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Executive Director:

Frances V. Jewell

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Welcome to our winter edition of The Rights Stuff. And weather wise it already feels like old man winter has arrived. Cold weather and snow have greeted us and its still November. Brrrrr!

Mental Illness Awareness week in October was a great success. MHRC held various events including a hike on the rail trail and an art project representing the many faces of members. Comedienne Brenda Lennie hosted an improv and we rounded out the week with an open house. One person told me he had so much fun and didn't re-

member laughing like that in a long time. We wrapped up the week on a high note with plenty of good memories and a commitment from staff to try to bring that type of energy to our day to day operation of MHRC.

I'm excited to announce MHRC has received a grant from Ontario Trillium Foundation (OTF). The two year grant will address MHRC's need for new technology, computers, training of staff and computer tutoring for people in the community. Recently, in conversation OTF Grant Reviewer Mike Kirk he said the grant application was solid

as it addressed the needs of the community on so many levels and MHRC had a history of stretching one dollar to equal a dollar and a half. Thank you Trillium for supporting people with lived experience of mental illness.

While I write this I am reminded that today is Calvin F's birthday. Calvin would have been 56 today. When Calvin died this summer it was a loss to all of us. Calvin visited MHRC often. At the end of each day Calvin would ask me "You gonna be here tomorrow?" "Yeah, I'm going to be here tomorrow. Are you going to be here tomorrow?" I'd ask. Calvin would tap his chest with his fingers and say "I'm gonna be here tomorrow." I miss Calvin very much.



From the Editor

Amanda Carey

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Another year has flown by. Creating the newsletter three months at a time gives me a stranger perspective: it's already Valentine's though not yet Christmas all at once. I am very excited about the upcoming year and Christmas season at MHRC. A first in MHRC history, we will be open during the entire Christmas week. We are even open on the weekend. I am happy we will be collaborating with Good Shepherd Barrett Centre to provide support (and

fun!) during this time. Having this opportunity to work with Barrett Centre is a blessing. They have been running a successful Holiday Support Group for a few years. They have worked with us to create some great activities for this time. I know you'll enjoy them. Even if you are not sure you are interested in the activity for the day, come anyway and use the MHRC drop-in the way you normally would. Socialize, get support and use our resources. Let us know what you think about this new

project and what you need to get through the winter holiday season.

We have added UNbaking to our calendar which I hope will be the beginning of programs involving our kitchen. Just because we do not have the use of the stove does not mean we cannot make some treats to enjoy this holiday season. I personally have a sweet tooth and enjoy healthy eating, so it will be a pleasure to enjoy some of this with our members. This and much more is on the horizon. A dance, computers, computer training, next year's garden, cooking, Mad Pride, Mental Health Week....It's going to be an amazing year ahead of us.

P.S. Hi, Calvin!

Calling All Artists

MHRC is seeking submissions of original art from persons with lived experience of mental illness and/or addictions to be displayed during the month of May honouring National Mental Health Week. This is a wonderful opportunity for us to open an important conversation about the controversies and challenges around mental health and addictions.

Do you have artwork that challenges and informs views of mental illness and addiction? Share your experiences in the mental health system, hospitals and the justice system. Show us your challenges and triumphs in recovery. Start a conversation.

Artists will also be invited to participate in artist talks

Gallery space will be provided by Mental Health Rights Coalition, You Me Gallery and This Ain't Hollywood.

Start thinking about what you might like to submit and look for more details in the Spring edition of *The Rights Stuff*.

Peer Support Workers News

Farewell Jennifer & Welcome Laurie

Mental Health Rights Coalition said farewell to long time volunteer Jennifer as our Tuesday peer support worker. Jennifer loved to lead members in crafts and the game Apples to Apples. Jennifer remains on the board of directors. Good luck wherever life takes you Jennifer. Thanks for your many years as a peer support volunteer.

MHRC welcomes another long time volunteer, Laurie as our Tuesday peer support worker. Laurie has worked several years as a volunteer on Wednesdays. We are glad to have you take the position and thankful for all you bring to the position.

Congratulations Chrissy

MHRC would like to congratulate Chrissy Hawkins for receiving the OPDI Pay it Forward award. The award named in honour of Linda Chamberlin recognizes a person with lived experience who has overcome significant challenges or barriers and turned their life around and now pays it forward by leveraging personal experience and history to advocate for system within Ontario. Chrissy has worked as a peer support volunteer on Thursdays for many years. Chrissy is active in many community organizations as well. We are proud of you Chrissy. Congratulations.

Handling The Holidays After A Loss *from Bay Gardens Funeral Home*

The holidays are approaching. And while they are stressful for nearly everyone, they can be particularly difficult if you are grieving the death of a loved one.

The pain, sadness and loneliness that often follow the loss of a friend, family member or even a beloved pet can feel unbearable when everyone around you is celebrating. This is especially true if it's the first holiday without your loved one.

Grief is a normal human reaction to the loss of someone important in our lives. There is no right or wrong way to grieve. Every person grieves in their own way and at their own pace. Grief can affect people physically, emotionally, psychologically and spiritually. Here are some suggestions for surviving the holidays while grieving:

- **Take care of yourself.** Spend your energy wisely, getting enough rest, and being careful not to overbook yourself with activities.
 - **Don't shop.** To avoid the stress of shopping, consider gift cards or cash this year.
 - **Say no.** If you are feeling pressured to participate in activities you don't feel comfortable with, say "No thank you." You don't owe anyone an explanation. Be kind, but firm. Do what feels right.
 - **You can't skip the holidays.** Even if you hide your head under the covers, the holidays will take place. Instead, accept the fact that it's normal to feel sad and down at this time. Face your feelings and learn how to prepare as best you can for the day.
 - **Make tentative plans.** Because the emotions of grief are so unpredictable, it is hard to know in advance if you will be having a good day tomorrow, or next Thursday. Therefore, if you are invited to a party or holiday meal, your response can be, "I would like to go, let me give you a tentative 'yes.'" This gives you an opportunity to change your mind, if necessary.
 - **Do only what is special and meaningful to you.** Stop and take a look at what supports you and makes you feel most comfortable and do only those things. Remember this is your grieving process, you deserve to put yourself first and monitor your comfort level. If you are up for taking part in festivities, enjoy them in moderation and to your comfort level.
 - **Trust that you will make it through.** Even with the differences, you will find the holidays bittersweet. Trust that while the season will be tinged with many emotions, you will be able to celebrate more fully in the future.
- If you aren't grieving, but know someone who is, you can help by encouraging them to talk about their grief and share memories of the loved one who died. Listen to their story. Hold their hand. Sit with them as they cry. Respect their decision to not attend celebrations and their need to be alone.

The holidays bring a mix of joy and pain. Look inside and outside yourself for the support you need to make it through the new year.

In Memory

Mental Health Rights Coalition said goodbye to long time member Calvin Ferris this year. Members also remember the following community members Peter Wald, William Wales, Tom Charmin, and Robert Mulvihill. MHRC also extends its condolences to those who have lost anyone in their lives this past year.



MENTAL HEALTH RIGHTS COALITION

Mental Health Rights Coalition
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www.mentalhealthrights.ca

Our mission is to encourage, enable and empower the voice of consumers in the mental health system

18 November 2013

Job Posting

1 year contract – Computer Technician and Trainer (one position)

Mental Health Rights Coalition seeks applications for the position of Computer Trainer

Qualified applicants will meet the following criteria:

- Has lived experience of mental illness/addiction.
- Has knowledge of consumer survivor initiatives and recovery based principles
- Understands and embraces MHRC mission statement.
- Is legally entitled to work according to the relevant provincial / territorial legislation and regulations.
- Proficiency in a variety of computer programs and online applications:
 - Access
 - Word
 - Outlook
 - Publisher
 - Excel
 - Social Media
 - Internet navigation
 - Web-based email
 - Dreamweaver
- Able to install new hardware and software
- Ability to work with a variety of people
- Experience in training or tutoring required

Job Description

The successful candidate will work closely with staff to develop and administer computer training that meets the various needs of staff including basic to intermediate computer skills. Candidate will work comfortably with a broad range of individuals and abilities. Candidate will install new hardware and software and ensure internet and network connectivity. Candidate will be required to present 5 trainings, including one in advanced computer skills.

No phone calls please

Please forward a cover letter, resume and three references no later than Fri, Dec 13, 2013 at 4 pm.

Frances V Jewell

Executive Director

Mental Health Rights Coalition of Hamilton

20 Emerald Street South

Hamilton ON L8N 2V2

Fax (905) 545-0211

Email: mhrccd@bellnet.ca

We thank all applicants for their interest. Only those selected for an interview will be contacted

Faces of Mental Health/ Mental Illness



Faces of MHRC

Valentine's Dance

It's that time of year again! We are celebrating Valentine's Day and dancing away the winter blahs! Enjoy live music and dance to your favourite songs with our friends at Good Shepherd. Light refreshments provided.



February 14, 2014 1-4 pm

Good Shepherd Square 60 Pearl St.

Enter through the courtyard

Open Christmas week!

In collaboration with Good Shepherd Barrett Centre we present Drop-in Holiday Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Groups from December 25th - January 1st 2014 No registration required. Regular drop-in hours 11-4			25th Gingerbread House Making and Cookie Decorating	26th Creating a Calming Jar	27th Mandela Art and Collage Crafts	28th Creating your Coping Card
29th Mask Painting	30th Making Stress Balls	31st Mindfulness and Busting the Myths	Jan 1st Working with Clay (Make your own clay)	Groups will operate out of The Mental Health Rights Coalition: 20 Emerald Street South Drop In Support : 11:00am – 4:00pm Groups will run from : 1:00pm – 3:00pm Any Questions? Call The Barrett Centre: 905-529-4343 Mental Health Rights Coalition 905-545-2525		

Did You Know?




At the MHRC drop in there is more to do than the listed activity for the day, so please stop in! You can read the newspaper or a magazine, use the computer and phone, socialize with others, or pick up any activity or game and do it with other members. We have a craft and other rooms available for your use as well. Come and see all that we have to offer.. Got an idea? Let us know.
















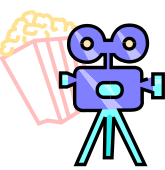










December 2013



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	Air hockey 	Current Events 	Bingo 	Dictionary game 	Board Games 	
8	9	10	11	12	13	14
	Member's meeting 	Healthy Living 	Cribbage & Cards 	Karaoke 	Movie and Manicure 	
15	16	17	18	19	20	21
	Knit/Crochet & Cards 	Birthday 	Improv workshop 	Christmas party 	 Wii Fit	
22	23	24	25	26	27	28
	Christmas (un)baking 	Christmas Karaoke  Christmas Eve	We are open! Holiday Support Group See p 7 for activities schedule			
29	30	31				
Holiday Support group see p.7			Calendar Activities begin at 1 p.m. unless otherwise stated.		MENTAL HEALTH RIGHTS COALITION 	
		New Year's Eve				

January 2014

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<p>Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p>	1	2	3	4
<p>MENTAL HEALTH RIGHTS COALITION</p> 			<p>Mandalas</p> 	<p>Cribbage and Cards</p> 	<p>Karaoke</p> 	
5	6	7	8	9	10	11
	<p>Apples to Apples game</p> 	<p>Healthy Living</p> 	<p>Air Hockey</p> 	<p>Bingo</p> 	<p>Cards</p> 	
12	13	14	15	16	17	18
	<p>Knit/Crochet & Cards</p> 	<p>Crafts</p> 	<p>Snow walk Dress warmly</p> 	<p>Dictionary Game</p> 	<p>Healthy Living</p>  <p>Wii Fit</p>	
19	20	21	22	23	24	25
	<p>Crazy Eights</p> 	<p>Popcorn and Movie</p> 	<p>Current events</p> 	<p>Karaoke</p> 	<p>Members' Meeting</p> 	
26	27	28	29	30	31	
	<p>Skip-bo</p> 	<p>Improv Workshop</p> 	<p>Birthday</p> 	<p>Euhchre</p> 	<p>Board Games</p> 	



February 2014



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
	<p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather.</p> <p>Please wear appropriate shoes and clothing.</p>			<p>MENTAL HEALTH RIGHTS COALITION</p>		
2	3	4	5	6	7	8
	<p>Karaoke</p>	<p>Valentine's Crafts</p>	<p>Cribbage & Hearts</p>	<p>Skip-po</p>	<p>Current Events</p>	
9	10	11	12	13	14	15
	<p>Movies</p>	<p>Healthy Living</p>	<p>Bingo</p>	<p>Dictionary Game</p>	<p>Valentine's Day Dance see p 7</p>	
16	17	18	19	20	21	22
	<p>Knit/Crochet Crafts</p>	<p>Members' Meeting</p>	<p>Apples to Apples Game</p>	<p>Neighbourhood Walk</p>	<p>Healthy Living</p>	
23	24	25	26	27	28	
	<p>Birthday Party</p>	<p>Improv Workshop</p>	<p>Coffee Walk</p>	<p>Crazy Eights</p>	<p>Air hockey</p>	