

# THE RIGHTS STUFF

Winter 2019-2020

Dec 2019-Feb 2020

## Grief Counselling

Mental Health Rights Coalition has been privileged to have Patricia Brezden volunteering her services as grief counsellor to members of Mental Health Rights Coalition and the Hamilton community.

Patricia is a retired Chaplain and Grief Counselor with 30 years of practice. Patricia brings a kind and supportive approach to dealing with grief.

We recognize the great need

for such service in our community and want to thank Patricia for giving her time and compassion to so many already.

Having someone to bear witness to one's loss is a role that cannot be understated and Patricia does it with compassion and grace.

So thank you Patricia from all of us at Mental Health Rights Coalition and the many you have touched with your

presence.

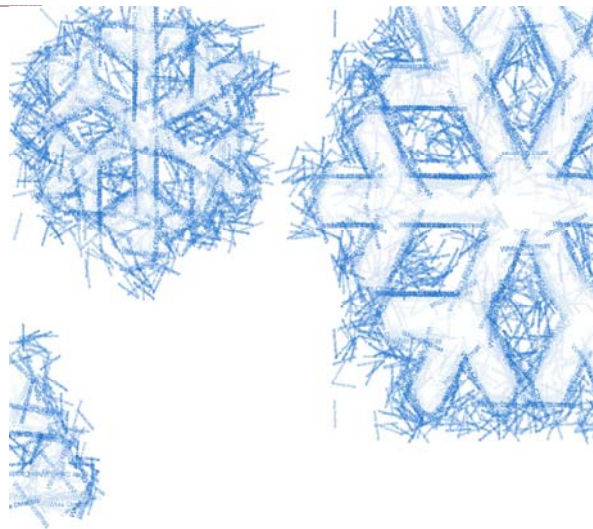
Grief Counselling at MHRC will be taking a break for the winter. Please check back for the spring.

In the meantime, please access the following resources if you are in need:

Friends in Grief <https://www.baygardens.ca/fig> 905-318-0059

Bereaved Families of Ontario <https://www.bfoscr.com/> 905-318-0070

*From all of  
us....  
Merry  
Christmas and  
Happy  
Holidays!*



### In This Issue

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- Let's Dance
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- Donations
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## Holiday Support and Activities

Once again, we are happy to collaborate with Good Shepherd Barrett Centre to provide Drop-in Holiday Support.

There will be fun and social daily activities, and group discussion. You are also welcome to use the drop-in as you would normally (independently socialize, use phone, computer, etc). MHRC will be open for regular hours and activities in December. **Please note the modified holiday hours on the calendar Dec 23– Jan 3 (12-4 pm).**

Printable copies at [www.mentalhealthrights.ca/Christmas.pdf](http://www.mentalhealthrights.ca/Christmas.pdf)

## Contact Us

Give us a call for more information about who we are and what we do!

### Mental Health Rights Coalition

103-100 Main Street E  
Hamilton, ON L8N 3W4

(905)545-2525

Fax (905)545-0211

Visit us on the web at  
[www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)



Find us on  
Facebook

[www.Facebook.com/MentalHealthRightsCoalition](http://www.Facebook.com/MentalHealthRightsCoalition)



The Barrett Centre for Crisis Support &  
Mental Health Rights Coalition Present:



### Holiday drop-in support and activities group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Any Questions?</b> Call MHRC: 905-545-2525 or The Barrett Centre: 905-529-7878		<b>25th</b> Lunch & Carols	<b>26th</b> Spa Day	<b>27th</b> Art with April	<b>28th</b> Calming Keychain	<b>29th</b> Mask Making
<b>30th</b> Journalling	<b>31st</b> Karaoke	<b>Jan 1st</b> "Let Go" Jar	<b>Daily Groups from December 25th 2019-Jan 1st 2020</b>			

**Groups will be held at Mental Health Rights Coalition:  
100 Main St E Suite 103**

Drop in support all day (12-4 pm). Activities begin at 1 pm  
Light refreshments will be served.



## Donations Needed

Mental Health Rights Coalition strives to provide hygiene products to individuals who attend our centre.

Urgently needed are laundry detergent, toothpaste, deodorant and shower gel. New individual or full size items are appreciated.



At this time of year, we would also like to have warm items for members. Socks and mitts or gloves are especially needed.

Please bring new items to our office.

100 Main St E #103



## Let'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. No partner necessary. Fun for all.

**Thursday, February  
13th, 2020**

**1:30-3:30 pm**

**Erskine Church -  
19 Pearl St N**



## Art with April

A big thank you April for leading us in some fun and interesting art projects! We are loving every minute of learning and exploring.

Art with April will be moving to Thursday in December.

A **huge** thank you to

Crows Nest Barbershop

For your generous

Fundraising donation.

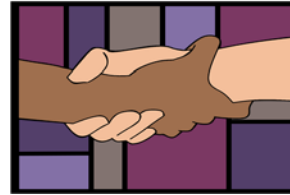
We are extremely grateful.



*Thank  
You*

# December 2019

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 ♔ Games Men's Group	2 💬 ♏ Healthy Living	3 🍏 ♏ Healthy Living	4 🎥 Movie & Manicure	5 🎨 ♏ Art with April Open Peer Group	6 ♠ ♏ Skip Bo Women's Group	7
8 ♠ Cards Men's Group	9 💬 ♔ Bingo	10 ♔ ♠ Euchre	11 ♠ ♠ Euchre	12 🎵 ♏ Karaoke Open Peer Group	13 🍏 ♏ Healthy Living Women's Group	14
15 ♔ Jenga Men's Group	16 💬 🎈 Birthday Party Members' Meeting	17 🎈 ♏ Christmas Craft	18 🎨 ♔ Dictionary Game Open Peer Group	19 ♔ ♏ Monopoly Women's Group	20 ♔ ♏ Monopoly Women's Group	21
22	23	24	25	26	27	28
Modified Hours Dec 23- Jan 3 12-4 pm						
Men's Group		Current Events				
29	30	31				



Activities begin at 1 pm unless otherwise noted.



Please see our holiday schedule on page 2.



Join us for Men's Group on Wednesdays; Women's group Friday; Open Peer Group Thursday at 2:30 pm



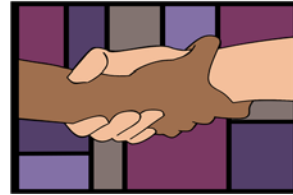
Please note our holiday hours Dec 23-Jan 3 from 12-4 pm.



Art with April is moving to Thursday!

# January 2020

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
			Special holiday hours 12-4 pm.			
					Women's Group	
5	6 Euchre Men's Group	7 Karaoke	8 Healthy Living	9 Art with April Open Peer Group	10 Crazy Eights Women's Group	11
12	13 Karaoke Men's Group	14 Bingo	15 Crafts	16 Dictionary Game Open Peer Group	17 Mandalas Women's Group	18
19	20 Boggle Men's Group	21 Birthday Party Members' Meeting	22 Skip-bo	23 Art with April Open Peer Group	24 Sorry Revenge Women's Group	25
26	27 Air Hockey Men's Group	28 Movies & Manicure	29 Current Events	30 Bingo Open Peer Group	31 Karaoke Women's Group	



Activities begin at 1 pm unless otherwise noted.



Join us for Men's Group on Wednesdays at 2:30 pm; Women's group Friday at 2:30 pm



Note our holiday hours 12-4 pm extend until Jan 3.



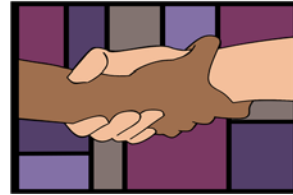
Current events is the time to talk about news items and local events.
































Come and let us know what you want to see on the calendar at members' meeting


# February 2020


Mental Health Rights Coalition





103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	  3 Air Hockey Men's Group	 4 Board Games	 5 Euchre	  6 Art with April Open Peer Group	 7 Healthy Living Women's Group	8
9	  10 Bingo Men's Group	 11 Karaoke	 12 Valentine's Crafts	 13 Dance (offsite)	  14 Jenga Women's Group	15
16	 17 Family Day	 18 Healthy Living	 19 Movie & Manicure	  20 Art with April Open Peer Group	  21 Crazy Eights Women's Group	22
23	  24 Scrabble Men's Group	  25 Birthday Party Members' Meeting	 26 Karaoke	  27 Bingo Open Peer Group	 28 Creative Writing Women's Group	29

 Join us for Men's Group Monday; Women's Group Friday and Open Peer Group Thursday at 2:30 pm

 We are excited to once again partner with Good Shepherd for our Dance see p. 3

 Healthy living is your time to discuss all aspects of your recovery and health

 We will be closed for Family Day Feb 17<sup>th</sup>. See you Tuesday at 11 am!