



# The Rights Stuff

## MHRC UPDATES

As we said last quarter, it seems that we continue to get busier and busier! We are very thankful for the help of our volunteers, AND our members. Our members continue to go above and beyond to help us when we need it and are always looking for new ways to help us out! We truly wouldn't be where we are today without the support and help of our members!

Last calendar we had a turkey dinner for our members provided by the families of our staff, and staff themselves! We also worked together to decorate our Christmas Tree with hand-painted decorations from our members and staff! We celebrated Christmas together with a Christmas Party and gift exchange.

As the New Year comes, it is time to reflect on our past year and be thankful for all the ups and downs. We came out stronger than we were last year, and will all continue to thrive in 2024!

As you can see, we have kept up with our member's contributions pages in the newsletter. This is a great way to show the many talents of our members! If you would like to contribute to the next newsletter (Apr-Jun) please email Kayla at [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca) for more information!

## What's Happening in Hamilton?

**2024 IVF New Years Festival:** Jan  
6th @7pm

**Hamilton Career Fair:** Feb 9th  
@11am

## Services Spotlight:

### Good 2 Talk

Free, Confidential support  
24/7

**Call:** 1-866-925-5454

**Text:** GOOD2TALKON to  
686868





## Member Contributions

### Dare to be Victorious

In this world of troubles, there is found within me and you,  
The inner strength inside, given to more than a few.  
We practice this might within, to rise above when due.  
When tears are often plentiful, that creates the morning dew!

And we can travel near or far, within this veil of tears,  
To find at the end of a rainbow, the answer to our fears!  
For we may pace and shout, with an anger found so deep,  
That will rise from deep within, this scarred mind we keep!

The sorrows we may have, that we often tend to share,  
At times we tend to dismantle, with the help of others there!  
Deep within this endless night, we are often prone to bear,  
The struggles that we go through, with others that will care!

Yet there is a light, in this darkness that may surround,  
The troubles that will ignite, that will threaten to abound!  
From above us comes a sword, that will somehow help us fight,  
This pit we find ourselves in, to help us in this plight!

And in this boat we sail, in turbulent waters that seem forever,  
There comes a tight fit rope, that we can sometimes sever!  
And even though we are alone, in an endless night,  
There rises from deep within, the power of hidden sight!

But throughout the many years, we were never really alone,  
To fight this seemingly endless battle, all on our own!  
And at the end of the day, we will find a way to mend,  
To discover ourselves victorious, in the battles we dare defend!

By: Melvin Cormier

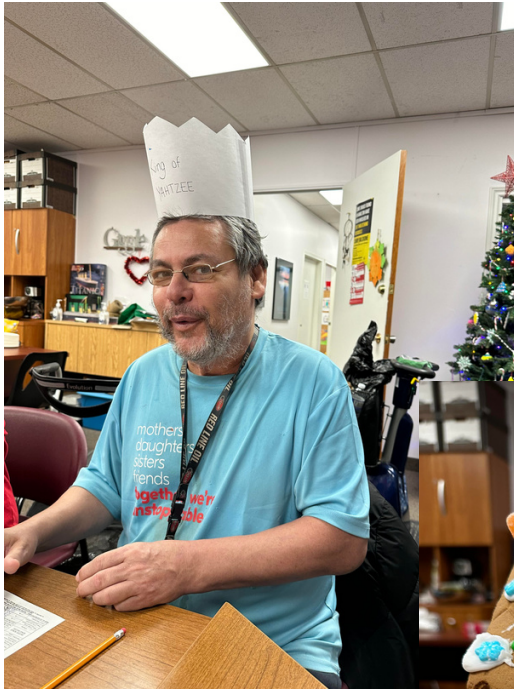
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## Member Contributions



### **Dave's Joke of the Month**

Q: What do you call a Pig that does Karate?

A: Pork Chop!

### **Happy New Year's**

Happy New Year's to one and all.

May you all have a wonderful and prosperous New Year and many blessings, you and happiness throughout the New Year.

It's a new year, time for resolutions and make better decisions. Time to enjoy life.

By: Darlene Simpson

### **Top O' Irish**

St. Patrick's Day is for the Irish and non-Irish alike to celebrate. St. Patrick's Day is about St. Patrick himself and what he did for the Christians. Time to dress in green, listen to Irish music and just plain celebrate. so top O' Irish to one and all.
























By: Darlene Simpson



**Mental Health  
Rights Coalition**

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# JANUARY 2024

MON	TUE	WED	THU	FRI	SAT	SUN
1  Closed	2  Closed	3 Board Games 	4 Karaoke 	5 Yahtzee 	6	7
8 Pancake Day 	9 Colouring 	10 Board Games 	11 Poetry 	12 Yahtzee 	13	14
15 Craft 	16 Colouring 	17 Board Games 	18 Karaoke 	19 Yahtzee 	20	21
22 Painting 	23 Movie 	24 Board Games 	25 Birthday Celebration 	26 Yahtzee 	27	28
29 BINGO 	30 Colouring 	31 Board Games 				



Open Peer Support  
Group @2:30



Member Meeting  
@2:30

All activities start at 1:00pm unless otherwise stated.













**Mental Health  
Rights Coalition**

# The Rights Stuff

# FEBRUARY 2024

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Karaoke 	2 Yahtzee 	3	4
5 Painting 	6 Colouring 	7 Board Games 	8 Poetry 	9 UNO 	10	11
12 Craft 	13 Colouring 	14 Board Games 	15 Karaoke 	16 Yahtzee 	17	18
19 	20 Colouring 	21 Movie 	22 BINGO 	23 UNO 	24	25
26 Family Feud 	27 Bracelets 	28 Board Games 	29 Birthday Celebration 			



Open Peer Support Group @2:30



Member Meeting @2:30























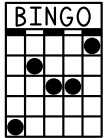



All activities start at 1:00pm unless otherwise stated.



**Mental Health  
Rights Coalition**

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# MARCH 2024

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Yahtzee 	2	3
4 Painting 	5  Board Games 	6 Colouring 	7 Movie 	8 Yahtzee 	9	10
11 Craft 	12  Board Games 	13 Colouring 	14 Karaoke 	15 Yahtzee 	16	17
18 Painting 	19  Board Games 	20 Colouring 	21 Poetry 	22 Yahtzee 	23	24
25 Craft 	26  Board Games 	27 BINGO 	28  Birthday Celebration 	29 	30	31



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