

THE RIGHTS STUFF

Winter 2017-2018

Dec 2017-Feb 2018

Peer Support Training

We have just finished up our fall peer support training and are interviewing for January class start. The proposed class will run Wednesday from 6-9 pm.

There is a cost associated with the training and we will work with you to make payment arrangements or utilize employment supports. The training is 30 hours in class and an additional 30+ hours of practical training.

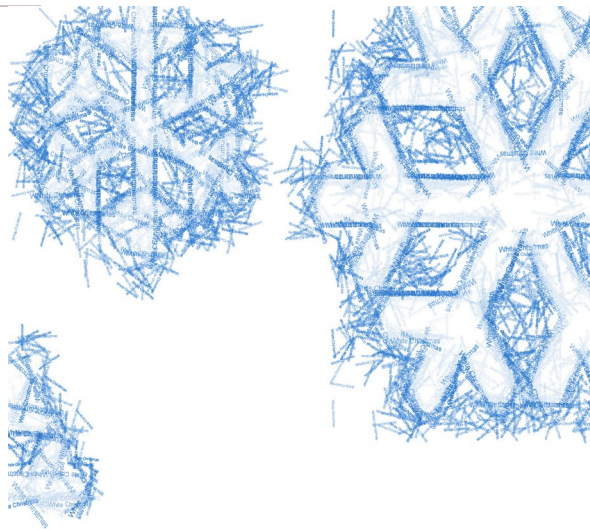
We are proud to align our training with the standards of practice of the national Peer Support Accreditation Council of Canada (PSAC). We proudly represent the core values and abide by the code of conduct for peer support workers.

Please submit a letter of intent and resume to get a spot on the list.

Applications can be sent to mhrcprograms@bellnet.ca or fax 905-545-0211 or you may drop off in person at 103-100 Main St E. Hamilton.

If you are not contacted this round, your resume will remain in file for the next training.

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



In This Issue

- Peer Support Training
- Holiday hours, support and activities
- Let's Dance
- Soup's On
- Naloxone Training



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, including the week leading up to Christmas.

Please note the modified holiday hours on the calendar.

Printable copies at 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



Find us on
Facebook

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
25th 12-4 pm Lunch and Christmas Carols	26th 12-4 pm Gingerbread house & cookie decorating	27th 11 am-4 pm Games	28th 11 am-4 pm Make your own stress balls	29th 11 am-4 pm Make and create with clay	30th 12-4pm Mandalas & Zen colouring	31st 12-4pm Make a coping box
Jan 1st 12-4 pm Karaoke	Daily Groups from December 25th 2017-Jan 1st 2018				Any Questions? Call MHRC: 905-545-2525 or The Barrett Centre: 905-529-7878	

Groups will be held at Mental Health Rights Coalition:

100 Main St E Suite 103

Drop in support all day (see hours on calendar). 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 feminine hygiene products, laundry detergent, toothpaste, deodorant and shower gel. New individual or full size items are appreciated.



Small bottles enable us to divide up large bottles of laundry detergent or toiletries, which is more cost effective.



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.

Wednesday, February 14th, 2018

1:00-3:30 pm

15 Ray St N, Community Room
Good Shepherd Square (enter off courtyard)

Naloxone Training

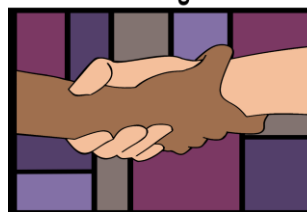
Please join us for a FREE training. With drugs tainted with fentanyl in our city and opioid poisoning at critical levels we must be prepared. Learn the signs of overdose and how to help.

Wednesday, January 24th at 2 pm.
Come get trained to save a life!

































December 2017

Mental Health Rights Coalition



100 Main St E Suite 103 Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					  1 Chess & Checkers Women's Group	2
3	 4 Arts & Crafts	 5 Jenga	  6 Karaoke & Men's Group	 7 Current Events	  8 Soup's On Women's Group	9
10	 11 Board Games	 12 Air Hockey	  13 Euchre & Men's Group	 14 Birthday party & Member's meeting	  15 Skip-bo Women's Group	16
17	 18 Colouring	 19 Creative Writing	  20 Christmas Party	 21 Crazy Eights	  22 Improv & Women's group	23
24	 25 Christmas Songs & Lunch	 26 Gingerbread Decorating	 27 Games	 28 Make your own Stress Balls	 29 Make and create with clay	 30 Mandala
 31 Coping box						



Men's group meets every Wednesday at 2:30 pm



Women's group meets every Friday at 2:30 pm



We are open during Christmas including the weekend!



View our entire Christmas activity calendar on page 2



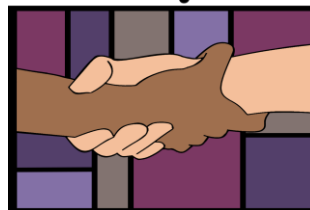
Join us for a hot cup of soup. Dec 8, Jan 14, Feb 28



All activities begin at 1 pm unless noted.

January 2018

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Karaoke	2 Euchre	3 Jenga & Men's Group	4 Current Events	5 Arts & Crafts & Women's Group	6
7	8 Creative Writing	9 Board Games	10 Art Journaling & Men's Group	11 Monopoly	12 Cards & Women's Group	13
14	15 Soup's on!	16 Current Events	17 Skip-bo & Men's Group	18 Karaoke	19 Healthy Living & Women's Group	20
21	22 Arts and Crafts	23 Birthday party & Members' Meeting	24 2 pm Naloxone Training	25 Crazy Eights	26 Mindfulness & Women's Group	27
28	29 Colouring	30 Chess & Checkers	31 Improv & Men's Group			

No experience required for all activities. Try something new!



Please Join us for FREE

Naloxone Training.

Sign up required.



To sign up or for more

info call Amanda/Frances 905-545-2525



Got a calendar idea? Join us for members' meeting



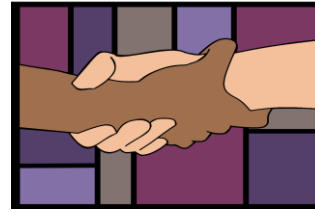
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All activities begin at 1 pm unless noted.

February 2018

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Air Hockey	2 Karaoke Women's Group	3
4	5 Arts and Crafts	6 Board Games	7 Improv Men's Group	8 Crazy Eights	9 Yahtzee Women's Group	10
11	12 Scrabble	13 Creative Writing	14 Let's Dance!	15 Current Events	16 Euchre Women's Group	17
18	19 Family Day	20 Cards	21 Jenga Men's Group	22 Birthday Party & Members' Meeting	23 Crafts Women's Group	24
25	26 Arts and Crafts	27 Karaoke	28 Soup's on! Men's Group			

We are closed
Monday, Feb 19
for Family Day.
See you at 11 am
Tuesday

Please join us as
we dance away
the winter blahs!
Feb 14. 1-3:30 pm
Details p3

In order to
accommodate
the dance our
office will be
closing at 12:30
Feb 14

Join us for a hot
cup of soup.
Dec 8, Jan 14, Feb 28

Submissions to the
newsletter are welcome
(space providing)
mhrprograms@bellnet.ca