



The Rights Stuff

MHRC UPDATES

This quarter at MHRC has been a busy one! It feels like each quarter we get busier and busier! We try our best as staff to keep up, but it certainly could not be done without the help of our amazing volunteers. Thanks to our volunteers, we can ensure that everyone gets the help and support they need as well as the activities that they want to do!

Keeping up with our member's meetings allows us to take members ideas and opinions into consideration when we are creating the new calendar and allows us to discuss any potential concerns we have with the centre. Our members have provided us with some amazing ideas that have inspired some of the activities on this calendar, as well as some suggestions on how to keep the centre welcoming and safe for everyone. It is important to us that our members voices are heard and understood.

October marks one year since we re-opened after the pandemic and one year with our new staff! We are all so happy to be here and to be able to support the people we do.

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 (Jan-Mar) please email Kayla at mhrcprograms@bellnet.ca for more information!

What's Happening in Hamilton?

Rockton Fair: Oct 6th- Oct 9th

2023 Grey Cup: Nov 9th

**Brott Music Festival: The Music
Magic of Christmas:** Dec 9th
@3pm

Services Spotlight:

Good 2 Talk

Free, Confidential support
24/7

Call: 1-866-925-5454

Text: GOOD2TALKON to
686868



Art by Alex Hobley



Member Contributions

The power of positivity

He who lives in doubt lives in darkness, but he that dwells positively has a light that guides him to success.

Many people are bound by doubt. Stopping them from trying to do the things they want to do! Doubt separates us from thinking with a positive frame of mind. It is like a wall between us and avoids us from seeing the better things that are on the other side that we may have a chance of being successful at.

Negativity is brought on by doubt because it makes us think we are not going to succeed, even if we would want to try. A person that doubts is like someone whose hands and feet are fettered by chains. Therefore, unabling them to move and do the things they want to do. Completely immobilized wherever they may be.

Only by the power of thinking positive can we defeat doubt! By thinking positive, we can convince ourselves that we can succeed, no matter what may confront us that makes us think we are going to fail. Thinking we can succeed can help us do just that - succeed!

Climbing a high hill may not be that easy before reaching the highway we need to be on, but after reaching it, we are faced with a lengthy road that will take us where we want to go, or willing to go until we have reached the place that will fulfil the need or needs that we all require in life. Some may venture further than others in order to reach their goals upon this highway we call life.

Being positive makes us want to try, and when we try, any good thing can cross our paths, but if we prone to doubt, then it is almost certain that we will have little chance of succeeding!

Positive thinking, when used in an unlimited way, can help us rise from the pit that doubt has put us in. We can achieve great things that can enhance our lives, and we can become an example for family and friends around us. We must not let doubt stagnate what we all deserve in life. Something that only positive thinking can bring to those of us that truly believe!

By: Melvin Cormier

Art by Glenn Betts



Art by Luke



Member Contributions

Art by Michael F



Dave's Joke of the Month

Q: Where do kittens learn to swim?

A: The kitty pool!

Happy Thanksgiving

Happy Thanksgiving to everyone near and far. To families and friends who mean the world to us. It is awesome when we have family and friends near us at an occasion like thanksgiving. It's a fun and awesome time!

Author: Darlene Simpson

Christmas Angels

Christmas angels are special. They only come once a year. They can tap you on your shoulder. Could be a butterfly or something like that to remind you that someone is watching over you.



Author: Darlene Simpson



**Mental Health
Rights Coalition**

The Rights Stuff

OCTOBER 2023

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 Painting 	3 Colouring 	4 Board Game 	5 Key Chains 	6 Sticker Making 	7	8
9 	10 Colouring 	11 Board Game 	12 BINGO 	13 Uno 	14	15
16 Fall Craft 	17 Colouring 	18 Board Game 	19 Poetry 	20 Yahtzee 	21	22
23 Halloween Craft Pumpkin Painting 	24 Karaoke  25 Halloween Party 	26 Movie 	27 Birthday Celebration 	28 Uno 	29	



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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NOVEMBER 2023

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



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Group @2:30



Member Meeting
@2:30

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DECEMBER 2023

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



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