

# THE RIGHTS STUFF

Spring 2019

March-May 2019

## Announcing our GREO Grant

Mental Health Rights Coalition is thrilled to announce our grant from Gambling Research Exchange Ontario. The goal of this project is to provide peer support and education to people with lived experience of mental health or addiction issues with a focus on problem gambling. This is an often hidden sub-set of people with lived experience and under-represented in both community and peer support services. This project will expand upon existing peer support training to provide an additional 5 weeks of training in gambling harms and harm reduction, addiction education and group facilitation skills training. Training includes extensive skills education in areas such as boundaries and confidentiality, communication and listening skills, problem solving, self-care, and resources. The training will culminate in the provision of educational support groups facilitated by the newly trained peer support workers.

We are very excited about this new and innovative approach to our peer support program. It is invigorating to see our program move in new directions, to connect with new groups of peers and community resources, and to watch peer support grow in our organization, community and province.

Training will start in March and we will be holding community information sessions in the fall. Thank you to GREO for this amazing opportunity and to all of you who will be joining us on this journey.

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*Save the date:*  
*MHRC Annual General Meeting*  
*Tuesday, June 18, 2019.*  
*4 pm. Details to follow*

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### In This Issue

- GREO grant
- Hamilton Events and Activities
- Crochet group: Learn to make a hat with us!
- Valentine's Day Social photos

## Donations Needed

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

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



We could also use yarn and crochet hooks for our knitting group.



Thanks for your help!

# What's Happening, Hamilton?

## Art Gallery of Hamilton

Free Every First Friday of the Month

Free Admission 11:00 am – 8:00 pm

Free Tours at 6:00 pm

## Hamilton Public Library

Did you know you can see free movies, join writers circles, learn about computers, learn another language, use a 3D printer and more?

## McMaster Museum of Art

Check out a great collection and rotating exhibits. Get in before the Museum closes March 19 for updates (reopening Aug 23)

Tues/Wed/Fri 11 am – 5 pm

Thursday 11 am – 7 pm

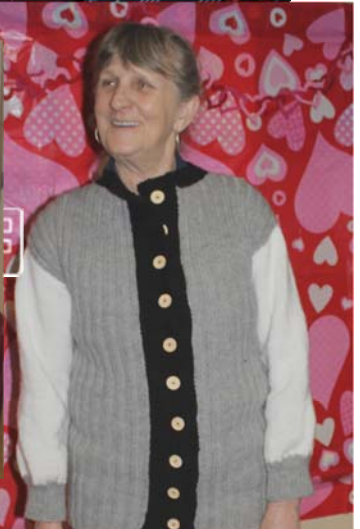
Saturday 12 – 5 pm

Pay what you can. Suggested \$2

## Learn to Crochet

Join Holly to learn to crochet. Drop in group (you do not need to attend every group). Every level is welcome. Learn to make a crochet hat or bring your own knitting and crochet to work on.





## 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)

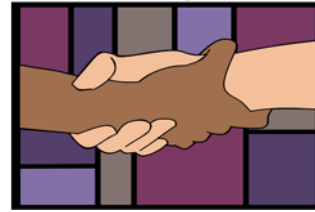
Find us on  
Facebook

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
































# Valentine's Dance

# March 2019

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 Mindfulness & Men's Group	  5 Crochet Board games	  6 Karaoke	 7 Current Events	  8 Colouring & Women's Group	9
10	  11 Trivial Pursuit & Men's Group	  12 Crochet Current Events	 13 Euchre	 14 Dictionary game	  15 Skip-bo & Women's Group	16
17	  18 Art & Men's Group	 19 Crochet Movie	 20 Spring Craft	 21 Crazy Eights	  22 Karaoke & Women's group	23
24	 25 Mandalas & Men's Group	  26 Crochet Healthy Living	 27 Birthday party & Member's meeting	 28 Karaoke	 29 Recovery discussions & Women's Group	30
31						



Men's  
group meets  
Monday at 2:30  
pm



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



Healthy  
living is  
your time to talk  
about any aspect  
of recovery and  
healthy living



Join April  
for Art  
Mar 18, April 15  
and May 7



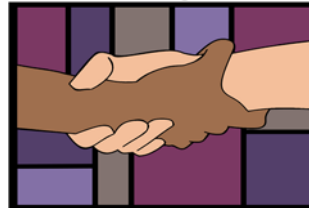
Join Holly  
for  
crochet group on  
Tuesday. No  
experience  
required



All activities  
begin at 1 pm  
unless noted.

# April 2019

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Karaoke & Men's Group	2 Crochet & Euchre	3 Boggle	4 Bingo	5 Current Events & Women's Group	6
7	8 Creative Writing & Men's Group	9 Crochet & Open board games	10 Art Journaling	11 Monopoly	12 Cards & Women's Group	13
14	15 Art & Men's Group	16 Crochet & Discussion: Self-Esteem	17 Crafts	18 Karaoke	19 Good Friday Closed	20
21	22 Easter Closed	23 Crochet & Crazy Eights	24 Birthday party & Members' Meeting	25 Walk about	26 Scrabble & Women's Group	27
28	29 Jenga & Men's Group	30 Crochet Chess & Checkers	31 Crafts			

No experience required for all activities. Try something new!

Join us for an open discussion on self-esteem Apr 16 at 1 pm.

Join April for Art April 15 and May 5<sup>th</sup> at 1 pm.

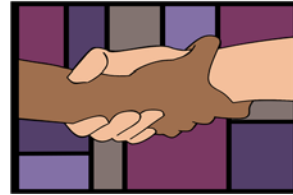
Got a calendar idea? Join us for members' meeting

Have a safe and happy Easter. We will be closed April 19 and 22.






























All activities begin at 1 pm unless noted.

# May 2019

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			 1 Arts & Crafts	 2 Karaoke	 3 Women's Group	4
5	 6 Spa Day Men's Group	 7 Expressive Art	 8 Naloxone Training	 9 Coping boxes	 10 Party Women's Group	11
12	  13 Mandalas Men's Group	 14 Bingo	 15 Crafts	 16 Dictionary game	  17 Crazy Eights Women's Group	18
19	  20 Boggle Men's Group	 21 Walk About	 22 Scrabble	  23 Birthday Party Members' Meeting	  24 Sorry Revenge Women's Group	25
26	 27 Skip-bo Men's Group	 28 Movies	 29 Current Events	 30 Puzzles	  31 Karaoke Women's Group	

Activities begin at 1 pm unless otherwise noted.



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

Join us for Mental Health Week May 6-12.



Please register for Naloxone training 905-545-2525 or email mhrprograms@belnet.ca

Enjoy a relaxing spa experience to kick off Mental Health Week.

For the finale of Mental Health week join us for a celebration of good mental health with a party!