



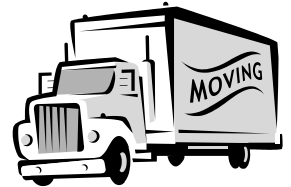
*Our mission is to encourage,
enable and empower
the voice of consumers in the
mental health system*

The Rights Stuff

Winter '12-13

December 2012 • January • February 2013

We're Moving!



Mental Health Rights Coalition is excited to announce that we are moving to 20 Emerald St S. Hamilton ON L8N 2V2. Our phone number will remain 905-545-2525.

We will be moving Dec 20, 2012. This new location is only a short ways from downtown and provides with a space of our own. We are also pleased to inform you that we will be accessible via a lift for those with wheelchairs and walkers. There is also on-street parking.

We are looking forward to having members take part in making this place their own as part of painting teams. This opportunity should be arising very soon. We have much to do, so this newsletter is a short one. We hope to see you soon!

Google Map: <http://goo.gl/maps/5YueD>



20 Emerald St S, Hamilton ON L8N 2V2

Prosperous
Christmas
Blessed Day
Solstice
Kwanzaa
Hanukkah
Eid
Festivus
Joyeuse
Yule
Merry
Happy
Bodhi
Mubarrak
Joyous
Noel

Merry Christmas and
Happy Holidays!
From all the staff
and volunteers
at MHRC.

Our Christmas and
Holiday Party will be held
at 20 Jackson St W on
Monday December 17
from 1-4 pm. Please join
us for refreshments,
music and celebration.

Inside this issue:

WRAP	2
Seasonal Support group	3
Memorial—Paul Porter	3
Calendar	4-6

Below is the details of the next Wellness Recovery Action Plan group for mental health consumers. Additional WRAP groups will be offered in the New Year, please contact MHRC if you are interested in future WRAP groups 905-545-2525. mhrprograms@bellnet.ca Thank you to The Ontario Trillium Foundation for their support of this project.



WRAP

Wellness Recovery Action Plan

WRAP:

- Is a structured, facilitated, peer-led self management process
- Offers each participant an opportunity to develop an action plan in a group setting

Groups support people living with mental illness to find effective strategies for wellness and recovery.

Participants will identify:

- Coping tools
- Triggers (things that make you unwell/ill)
- Family/friends/providers who can support your recovery plan

If you are interested in joining a group in your area, please call:

Fiona Wilson: 905-522-1155 x 36446

8- Week Group, 1pm – 3:30 pm

**Friday, December 7 to Friday, February 1, 2013.
(no group the week of December 28th)**

St. Joseph's Healthcare Hamilton, West 5th Campus, Room C102c.

Light refreshments will be available.

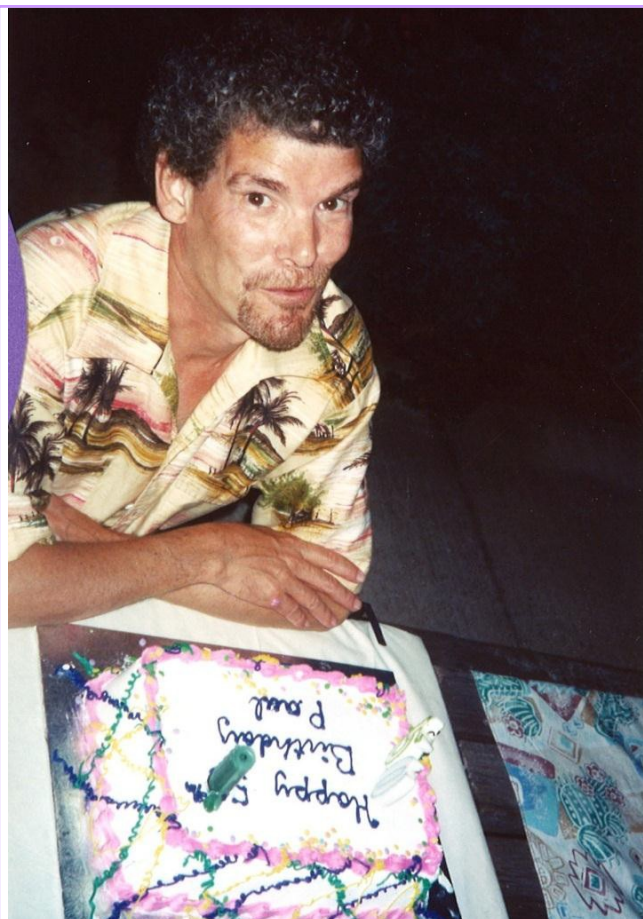
Group participants will be invited to take part in an exciting research study measuring recovery outcomes related to WRAP!



MHRC Hamilton
20 Jackson St. W.
Hamilton, ON L8P 1L2
905-545-2525
Fax: 905-545-0211
www.mentalhealthrights.ca



The notice above is a legally sanctioned advertisement and cannot be altered for any purpose.



In Memory

PAUL STOCKLEY PORTER

1950-2012

Paul Porter was a long time member of Mental Health Rights Coalition and active in the community who passed away recently.

A memorial will be held Wednesday, December 12 at 9:30 am at Emmaus Place, 35 Aikman Ave.

What are you doing during the holiday season?



Are you experiencing the winter blues?

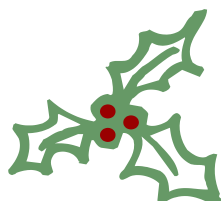
**You are not alone, don't be isolated
Come Join Us beat it!**

**BARRETT CENTRE WILL BE HOSTING A DAILY
DROP-IN SUPPORT GROUP!!!**

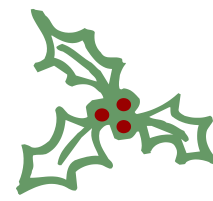
DATES: December 25th, 2012-January 1st, 2013
Time: 1:00pm-3:00pm Daily

PLACE: Barrett Centre (128 Emerald Street South)

EVENTS: Formal/informal groups, various topics of interest (self-care, overcoming the winter blues, celebration, e.t.c).



December 2012




















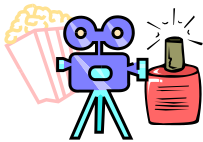









Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Calendar Activities begin at 1 p.m. unless otherwise stated.					1
2	3	4	5	6	7	8
	Current Events 	Women's Issues Group Euchre 	karaoke 	Air hockey 	Bingo 	
9	10	11	12	13	14	15
	Birthday Party 	Diabetes Education 	 9:30 am Memorial (see p 3) 	Member's Meeting 	Music 	
16	17	18	19	20	21	22
	Christmas Party 	Crazy Eights 	Christmas Movie Marathon (Goodbye Jackson St)	Moving Day Closed	...Still Moving Closed	
23	24	25	26	27	28	29
	Caroling & Christmas Treats 	Christmas Day Closed	Boxing Day Closed	Dictionary game 	Music 	
30	31	← Support available at Barrett Centre See p3 →				
	Board Game Bonanza 	**Re-Open at our new Location 20 Emerald St S, Hamilton On L8N 2V2 Mon Dec 24**			MENTAL HEALTH RIGHTS COALITION 	



January 2013


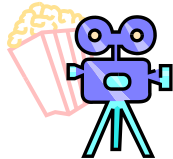


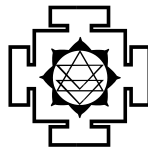


















Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
	MENTAL HEALTH RIGHTS COALITION 	New Year's Day  Closed	Karaoke 	Board Games 	Current Events 	
6	7	8	9	10	11	12
	Air Hockey 	Women's Issues group 12:00  Diabetes Education 1pm 	Scrabble Slam 	Dictionary Game 	Music 	
13	14	15	16	17	18	19
	Karaoke 	Happy Birthday 	Euchre 	Yahtzee 	 12pm Diabetes  Wii Fit	
20	21	22	23	24	25	26
	Members' Meeting 	Crafts 	Movie & Manicures 	Cribbage and Cards 	Music 	
27	28	29	30	31	Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.	
	Walk About 	Crazy Eights  	Knitting and Crochet 	Improv Workshop 		



February 2013



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are de- pendent on weather. Please wear appropriate shoes and clothing.					1	2
			MENTAL HEALTH RIGHTS COALITION 		Movies 	
3	4	5	6	7	8	9
	Current Events 	Women's Issues Group 	Mandalas 	Air hockey 	Music 	
10	11	12	13	14	15	16
	Euchre 	 Diabetes Education Valentine's Craft 	Skip-Bo 	Karaoke 	12pm Diabetes education  Wii Fit	
17	18	19	20	21	22	23
	Art—Draw & Paint 	Apples to Apples Game 	Birthday 	Dictionary Game 	Music 	
24	25	26	27	28		
	Walk About 	Members' Meeting 	Karaoke 	Improv Workshop 