



Safe Talk

Mental Health Rights Coalition is offering Safe Talk training January 26, 9a-12p. Safe Talk is a half-day suicide alertness training. Safe Talk trains individuals to recognize invitations to talk about suicide and help connect individuals to resources in the community or ASIST-trained helpers. Safetalk helps expand the reach of suicide intervention resources in the community.

This training features

- Presentations and guidance from a registered trainer
- Access to support from a local resource person
- Powerful audiovisual learning aids
- The simple, yet effective TALK steps: Tell, Ask, Listen, and Keep Safe
- Hands-on skills practice and development.



Please contact Frances at mhrccd@bellnet.ca if you would like to be considered for this training. Spaces are limited. Cost is \$10. Please bring your own snacks and beverages.

**From all of us
to all of you,
Merry Christmas,
Happy Holidays
and a safe and
happy season.**

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Hush!

[To make silent , or quiet]



[To keep from public knowledge; suppress mention of.]

Call for art on the theme of suicide.

Although public awareness campaigns attempt to address the stigma around suicide, it largely remains a topic that is taboo. The exhibit will address the “hush” associated with suicide.

***Mental Health Rights Coalition and You Me Gallery* invite everyone to help explore reactions to suicide from all perspectives. Paintings, drawings, prints, photographs and sculpture will be exhibited during Mental Health Awareness Month, May 2017.**

**Interested? For more information, please contact
Frances Jewell mhrced@bellnet.ca 905-545-2525**

**We will be requesting applications and photographs of your art by the end of March and delivery of art work by the beginning of May.
See our March newsletter for details.**

Events and Activities

Improv

Come and play with cartoonist and comedian Harrison Wheeler! He leads creativity workshops involving comedy improv games, drawing, writing, and more! The great thing is, you get to make everything up, and it's super fun! Hope to see you there!



2nd Wednesday of the month 1 pm
Dec 14, Jan 11, Feb 8

Creative Writing

Creative writing is your opportunity to express yourself with words. Don't worry if you have no experience, everyone is welcome and prompts and activities are provided to get your creative juices flowing. This is your opportunity to think outside the box and flex your mental muscle. No pressure to perform or share (though you may if you wish), and no expectation of being a "good writer" whatever that means. Everyone can do creative writing. Give it a try; you may surprise yourself!

1st Wednesday of the month 1 pm

Dec 7, Jan 4, Feb 1

Women's Healing Circle



Women's healing circle is an opportunity for self-identified women to connect with other women. You will be able to talk about topics that are important to your wellness, such as relationships and self-esteem in a safe, non-threatening environment. Our goal is to empower women. You will utilize holistic and varied approaches to enrich your life and enhance your well-being.

Thursdays at 2:30 pm

Open Christmas Week!

Once again, we are happy to collaborate with Good Shepherd Barrett Centre to provide Drop-in Holiday Support.

Groups daily from
Dec 24– Jan 1
(weekends
included)



Drop in 11am-4pm
Activities 1 pm

Groups held at:
Mental Health Rights
Coalition
103-100 Main St E
Info: 905-545-2525

There will be fun and social daily activities, group discussion; and you are 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.



The Barrett Centre for Crisis Support &
Mental Health Rights Coalition Present:
Holiday drop-in support and activities group



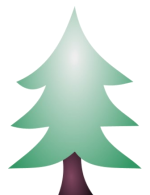
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Groups Dec 24, 2016– Jan 1, 2017 Regular MHRC hours and activities Dec 19-23 and Jan 2			Questions? Call MHRC 905-545-2525 Barrett Centre 905-529-4343		24th Gingerbread house & cookie decorating	25th Lunch and Christmas Carols
26th Make your own stress balls	27th Karaoke	28th Make and create with clay	29th Mandalas & Zen colouring	30th Make a sock snowman	31st Make a coping box	1st Create a calming jar



Groups will be held at Mental Health Rights Coalition 103-100 Main St E

Drop in Support 11am –4 pm

Groups and activities run from 1-3 pm



Peer Support Training

Mental Health Rights Coalition is currently recruiting for January intake into the Peer Support Training class. 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. Send to mhrcprograms@bellnet.ca or fax 905-545-0211 or you may drop off in person at 103-100 Main St E. Hamilton

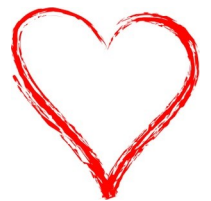


Valentine's Dance

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.







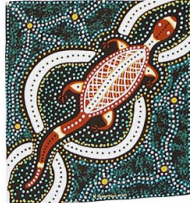








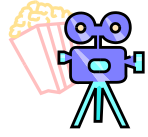



Fri, Feb 10th 1-4 pm
Location to be announcedff
(contact MHRC for more
information)



Join us to dance away the February
blahs!

December 2016
























Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.		1	2	3
	MENTAL HEALTH RIGHTS COALITION 			Air Hockey 	Karaoke 	
4	5	6	7	8	9	10
	Knitting 	Apples to Apples 	Creative writing 	Native dot art 	Current Events 	
11	12	13	14	15	16	17
	Arts & Crafts 	Members' Meeting Birthday Party 	Improv 	Bingo 	Board Games 	
18	19	20	21	22	23	24
	Christmas Craft 	Christmas Karaoke 	Christmas Party 	Christmas Movie 	No-bake Christmas cookies 	O P E N
25	26	27	28	29	30	31
Drop in support and activities See p. 4 Open						

Mental Health Rights Coalition, 103-100 Main St E, Hamilton ON, L8N 3W4 | Phone 905-545-2525 | fax 905-545-0211 | www.mentalhealthrights.ca

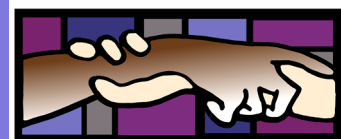


January 2016



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
O P E N	Art & Crafts 	Recovery 101 	Creative writing 	Bingo 	Apples to Apples Game 	
	8	9	10	11	12	13
	Art & Crafts 	Karaoke 	Improv 	Recovery 101 	Air Hockey 	
15	16	17	18	19	20	21
	Arts & Crafts 	Skip-bo 	Coffee walk 	Aboriginal jewellery 	Recovery 101 	
22	23	24	25	26	27	28
	Art & Crafts 	Current Events 	Healthy Living 	Recovery 101 	Birthday & Members Meeting 	
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.			
	Art & Crafts 	Cribbage/Cards  				


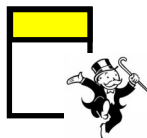
















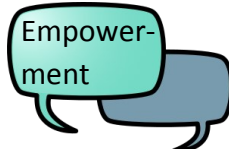


MENTAL HEALTH RIGHTS COALITION





February 2016



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
	Art & Crafts 	Monopoly Deal 	Creative writing 	Recovery 101 	Dominoes & Backgammon 	
5	6	7	8	9	10	11
	Arts & Crafts 	Recovery 101 	Improv 	Healthy Living 	Dance away the winter blahs! See p 5. Office will close to go offsite	
12	13	14	15	16	17	18
	Arts & Crafts 	Hearts—Cards 	Recovery 101 	Karaoke 	Current events 	
19	20	21	22	23	24	25
	Family Day 	Euchre 	Birthday & Member's Meeting 	Coffee walk 	Recovery 101 	
26	27	28				
	Recovery 101 	Karaoke 	<p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather.</p> <p>Please wear appropriate shoes and clothing.</p>			MENTAL HEALTH RIGHTS COALITION 