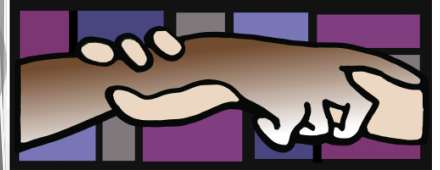




***The Rights Stuff***

**Summer 2016**



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

June • July • August 2016




## Women's Healing Circle



Every  
Thursday  
2:30 pm  
@ Mental  
Health  
Rights  
Coalition







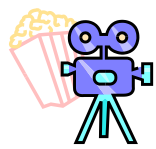















Please join us every Thursday for a women's healing circle Thursdays at 2:30 pm. You can talk about things that matter to you and participate in a variety of activities to help enrich your life and your coping skills. This group can be whatever you make it. Topics may include relationships, self-esteem and others you may wish to talk about. This is a support group to empower women using holistic and culturally diverse methods. Lead by Stacey and Tina.

# June 2016






















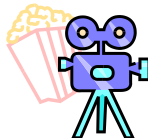

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
	<b>MENTAL HEALTH RIGHTS COALITION</b> 		Improv 	Bingo  2:30 Women's Healing Circle	Poker & cards 	
5	6	7	8	9	10	11
	Arts & Crafts 	Board games 	Trivia 	Dictionary game 	Decorative boxes 	
12	13	14	15	16	17	18
	Open Mic 	Hearts - Cards 	Arts & Crafts 	Karaoke 	Bingo 	
19	20	21	22	23	24	25
	Arts & Crafts 	Members Meeting Birthday Party 	Creative writing & mindfulness 	Coffee walk 	Karaoke 	
26	27	28	29	30	Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.	
	Canada Day Art & Crafts 	Current events 	Park walk 	Canada Day activities 		

Mental Health Rights Coalition, 20 Emerald St S, Hamilton ON, L8N 2V2 | Phone 905-545-2525 | fax 905-545-0211 | [www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>MENTAL HEALTH RIGHTS COALITION</b> 		Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.		<b>1</b> <b>Canada Day</b>  <b>Closed</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	<b>Arts &amp; Crafts</b> 	<b>Cards</b> 	<b>Apples to apples</b> 	<b>Bingo</b> 	<b>Movie</b> 	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	<b>Creative writing</b> 	<b>Air hockey</b> 	<b>Mad pride day</b> 	<b>Dictionary game</b> 	<b>Karaoke</b> 	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	<b>Dictionary game</b> 	<b>Rail Trail Walk</b> 	<b>Current events</b> 	<b>Native dot art</b> 	<b>Coffee walk</b> 	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<b>Arts &amp; Crafts</b> 	<b>Karaoke</b> 	<b>Members' meet- ing and birthday</b> 	<b>Belgian waffles</b> 	<b>Library</b>  <b>Hamilton Public Library</b>	
<b>31</b>						

# August 2016

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	Civic Holiday  Closed	Yahtzee 	Neighbourhood walk 	Cards 	Park 	
7	8	9	10	11	12	13
	Arts & Crafts 	Cards 	Air Hockey 	Apples to Apples Game 	Karaoke 	
14	15	16	17	18	19	20
	Creative writing 	Birthday & Members' Meeting 	Board games 	Euchre 	Healthy living 	
21	22	23	24	25	26	27
	Arts & crafts 	Coffee walk 	Karaoke 	Current events 	Bingo 	
28	29	30	31			
	Dictionary game 	Skipbo 	Movie 	<div> <div>Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</div> <div> <b>MENTAL HEALTH RIGHTS COALITION</b>   </div> </div>		