



The Rights Stuff

MHRC UPDATES

The Mental Health Rights Coalition has been reopened officially for 6 months now! We have been using this time to get to know our members more and welcome new members! Our membership continues to grow as we see some old faces and some new. All are welcome in our Centre. We have welcomed new activities in March, such as a dreamcatcher class ran by Mika from Indigenous Dreams and other fun spring activities!

Making sure the members have a say in the activities we are running is extremely important, which is why we are reinstating our member meetings on the last Thursday of every month at 2:30, to get member feedback on the activities and programs that we are running to make sure we are improving!

By popular demand, we are also bringing back our Open Peer Support Groups, which will be taking place every Tuesday at 2:30 and will be run by either Alexis or Karan. We are excited to be bringing this back as many members have expressed how helpful this was for them in the past.

Our Peer support worker Jeremy had his last day in March, and has moved on to a full time position elsewhere. We were extremely lucky to have worked with him for the time we did, and wish him all the best in his future endeavors!



One of our members
Dream Catchers!



Popsicle stick picture frames
made by staff and members!

What's Happening in Hamilton?

Art Crawl on James N:

April 14th @5pm

May 12th @5pm

June 9th @5pm



Services Spotlight: Hamilton Regional Indian Centre

Provides Urban Indigenous people with the tools to achieve a balanced wholistic lifestyle. Their vision is to create the change that empowers Urban Indigenous people.

**34 Ottawa St N
Hamilton, ON
905-548-9593**

<https://www.hric.ca/>



**Mental Health
Rights Coalition**

The Rights Stuff

APRIL 2023

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------------------|---|-----------------------|--------------------------------|------------------|-----|-----|
| | | | | | 1 | 2 |
| 3 Crafts | 4 Mood Boards | 5 Egg Painting | 6 Easter Party | 7 Closed | 8 | 9 |
| 10 Closed | 11 Karaoke | 12 Board Games | 13 Colouring | 14 Euchre | 15 | 16 |
| 17 Crafts | 18 NARCAN Training @1pm Crazy 8's | 19 Board Games | 20 Colouring | 21 Euchre | 22 | 23 |
| 24 Crafts | 25 Crazy 8's | 26 BINGO | 27 Birthday Celebration | 28 Euchre | 29 | 30 |



Open Peer Support
Group @2:30



Member Meeting
@2:30

All activities start at 1:00pm unless otherwise stated.



**Mental Health
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MAY 2023

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|--|--|---|-----|-----|
| 1 Jenga  | 2  Uno/Skip Bo  | 3 Painting Birdhouses  | 4 Colouring  | 5 Euchre  | 6 | 7 |
| 8 Pictionary  | 9  Uno/Skip Bo  | 10 Rock Painting  | 11 Colouring  | 12 Euchre  | 13 | 14 |
| 15 Jenga  | 16  Uno/Skip Bo  | 17 Painting  | 18 Karaoke  | 19 Euchre  | 20 | 21 |
| 22  | 23  Uno/Skip Bo  | 24 Painting  | 25  Birthday Celebration  | 26 Euchre  | 27 | 28 |
| 29 BINGO  | 30  Uno/Skip Bo  | 31 Painting  | | | | |



Open Peer Support
Group @2:30



Member Meeting
@2:30

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JUNE 2023

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|--|--|---|-----|-----|
| | | | 1 Colouring  | 2 Euchre  | 3 | 4 |
| 5 Crafts  | 6  Uno/Skip Bo  | 7 Board Games  | 8 Colouring  | 9 Euchre  | 10 | 11 |
| 12 Crafts  | 13  Uno/Skip Bo  | 14 Karaoke  | 15 Colouring  | 16 Euchre  | 17 | 18 |
| 19 Crafts  | 20  Uno/Skip Bo  | 21 Board Games  | 22 BINGO  | 23 Euchre  | 24 | 25 |
| 26 Crafts  | 27  Uno/Skip Bo  | 28 Board Games  | 29  Birthday Celebration  | 30 Euchre  | | |


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