

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

# The Rights Stuff

## Spring 2014

March • April • May 2014

## OTF Computer Project Underway

Our Ontario Trillium Foundation-supported initiative is underway. We are excited to be able to provide greater access to computers and increase the availability of computer-related programming to our members and the community. Members are excited to get started on training which will begin soon. If you are interested in computer training, stay tuned as training will begin in May.

We are currently training our staff and volunteers to be able to provide training to

you. When training becomes available, we hope that members will join us for about an hour a day of computer programming.

Training will provide staff and members the ability to develop skills that will help them in their recovery, develop connections in the community, learn about resources, and develop skills for jobs and living.

If you have a topic that you would like to learn about, a program that you need to learn to use, or some project that you need

to learn to do on the computer, send us an email or let us know when you are in. You can email Amanda at [mhrpro-grams@bellnet.ca](mailto:mhrpro-grams@bellnet.ca)

We are grateful for the continued support of the Ontario Trillium Foundation.

Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario

An agency of the Government of Ontario.  
Un organisme du gouvernement de l'Ontario.

## Travel with us ...(sort of)

Join us as we explore the world through Google Travel. In addition to our daily activity, each day join us at 12 pm to explore a new place around the world.

If anyone has a world map that they could donate to allow us to map our travels it would be appreciated.



## Valentine's Dance a smashing success!

Our winter dance is always a hit, but it seemed this year was quite festive and fun. We enjoyed dancing and listening to music, and wonderful food with our friends from Good Shepherd. Good Shepherd Square provided a lovely venue accentuated by a plethora of valentine's decorations. The valentine-making station was particularly successful.

See p. 3 for pictures

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## Executive Director:

**Frances V. Jewell**

[mhrced@bellnet.ca](mailto:mhrced@bellnet.ca)

As I sit to write this I note it's February 21, still another full month of winter ahead and likely several more days of cold weather alerts for the City of Hamilton.

Winter weather started early in December and clearly there is more to come. What does that mean for us here at MHRC? We are busier than ever. On the coldest day of the year when the wind-chill reached -40 Celsius I was sure no one would show up. Despite frigid temperatures ten people did indeed come in that day. In partnership with Barrett Centre MHRC remained open from Dec 23rd to Jan 3rd. Our busiest day during that period was Christmas day with eighteen people coming in for holiday cheer. I suppose what it also means is if an organization is open people are sure

to come.

The Ontario Trillium Foundation (OTF) project is well underway. Computers have been purchased, installed and are now available for your use. There are two desktops and two laptops available to members. Come on in and check it out. Starting May 1<sup>st</sup> 2014 to November 1<sup>st</sup>, 2015 you will be able to access our trainer for tips on how to set up an email account, create a Facebook page, research topics of interest or how to check out dating sites. Let us know what you'd like to learn and staff will do their best to help you out.

Last autumn the beautiful old tree out front of our building had to be taken down due to rot. With the tree gone it has created a sunny garden area. Last summer we struggled with growing tomatoes, zucchini, and cucumber, it just

wasn't sunny enough. But this year we may have the perfect vegetable garden area. Sunny in the morning and shady in the afternoon. MHRC needs some help with this. Would you be willing to help with planning, planting, weeding, watering, and enjoying the fruits of our labour? Please come in and help us form a garden group on April 8<sup>th</sup>.

Are you an artist with lived experience who would like to use your work as a way to express your experience with mental health, mental illness, addiction and the system? Join in by submitting your art to mark Mental Health Awareness Week. Artwork will be showcased at You Me Gallery, This Ain't Hollywood, and Mental Health Rights Coalition for the entire month of May. Please see the attached flyer for details.

At time of press it has been noted the City of Hamilton has issued 48 days of cold weather alerts since December 11, 2013. So hold on to your hats, gloves and coats. Wintery weather is not over until Mother Nature and Old Man Winter say so.



## From the Editor

**Amanda Carey**

[mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)

It has been a rough winter.

Look at that number of Cold Alert days that Frances mentioned! I bet that is a record. On top of dealing with the cold and lack of sun, I juggle work and the demands of graduate school while preparing to write a certification exam. These demands have taught me a lot about balance and acceptance. Balance has become so important in my life, essential even. It means **learning to say no**. That enough is enough. I have learned to work efficiently and effectively, while learning to accept that **"good enough" can be good enough**. Perfectionism only causes more stress, anxiety, pressure and can be overwhelming. So I have learned to do enough work and not too much as I would tend to do more than I need to.

Learning to juggle all these responsibilities means learning to deal with procrastination. In my case this is often brought on by the overwhelm I mentioned. So I have developed a couple tricks to deal with overwhelm and procrastination. **Break things down and write things down**. For me, this means finding all the steps I need to do a large project and all the small projects I need to do for the week and creating a to do list with deadlines. It means also writing down a small list of to-do items for around the house, distractions and things that I want to do, to provide things that serve as breaks from the schoolwork. I've decided to **time-limit my distractions**, such as the internet or Facebook, as it is easy to get lost in these things and not get back to work! Similarly, **working in blocks** on the

schoolwork can be more helpful than working for an unspecified amount of time. Balance means that I must schedule time for things other than working and studying. Fitness, meditation, yoga, cooking and volunteering all find their place in my schedule. When life seems too busy to do this **self-care**, that is probably when I need to most. I cannot wait until there is free time for these things; they become a priority because they keep me happy and healthy. When I entered this new phase of my life with its new challenges, I decided to update my Wellness Recovery Action Plan (WRAP). The tools I have mentioned here form part of my Wellness Toolkit and serve to keep me well. While my tools might not work for everyone, I hope that you can find some inspiration from these tools to look for the ways to find balance in your life. If you would like to know more about WRAP come see us at MHRC and check out [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

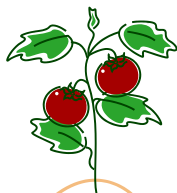
# Valentine's Dance

The Valentine's Day dance was a huge success. Many people enjoyed the photo "booth" (wall). Come see us for more photos!



## Garden Group

It's time to start thinking about our garden again! We had a good first year last year and we are excited to get gardening this year. Please join us **April 8th** for our gardening planning session where you will get to choose what we plant this year (and therefore what you get to eat!) Then we will clean up the beds and prepare for planting as soon as the weather allows. We will also need people to join us daily for watering once the garden is planted. If you are looking for a way to volunteer with us, this could be your opportunity! No green thumb required, plenty of people will be able to help you learn about gardening. Remember, we get to eat what we grow!



## Art Workshops

Member Yolaine will be joining us for Monday's in April to bring us some lessons in drawing and art. No experience is required. Bring your pencils and paper if you have them. Various activities will be provided but you are always welcome to do your own work.

Do you have a talent you would like to share? Let us know.



## Donations needed

We are finally able to use of our kitchen but are lacking some supplies. Mental Health Rights Coalition is in need of a teapot, dish drainer, a large pot or Dutch oven, cookie sheets, muffin tins or cake pans, mixing bowls and spoons as we embark upon using our kitchen! Please only new or like new condition.

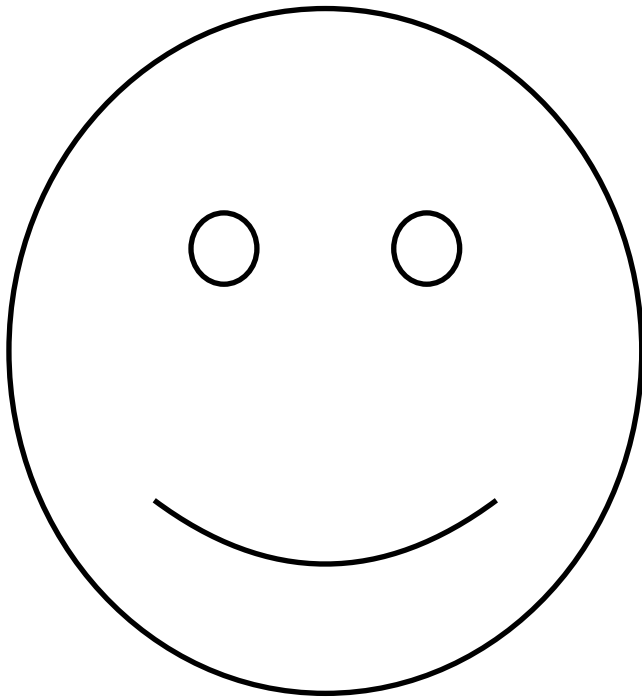
MHRC is also in need of art supplies, specifically drawing or painting paper, drawing pencils, sharpeners, and erasers. We may also use paint, pastels or charcoal.

MHRC provides its members with toilet-ry items, and laundry soap when it is available. Donations of these are always welcome.

Thank you for your help to serve our members!

THANK YOU

# Thank a Volunteer!



Dear:

I think you are awesome because:

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Thanks for being a volunteer.

\_\_\_\_\_  
You can sign it or leave it anonymous

National Volunteer week is April 6-12. Fill out this thank you card for a volunteer or make your own and bring it during the week. We will have craft supplies available all week for you to make cards.

## National Volunteer Week April 6-12



VOLUNTEER  
BÉNÉVOLES  
CANADA

Thanks to our  
volunteers who work  
so tirelessly and  
faithfully.

In this troubled world, it's refreshing to find someone who still has the time to be kind.  
Someone who still has the faith to believe that the more you give, the more you receive.  
Someone who's ready by thought, word, or deed to reach out a hand, in the hour of need.

Helen Steiner Rice

If you are interested in volunteering at MHRC you must be a person with lived experience of mental illness and or addiction. Volunteers usually are peer support workers, but if you would like to help us with our garden group or share another talent before taking peer support training, let us know and we will see what we can do. Contact Amanda at [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)



# Call for Art

MENTAL HEALTH RIGHTS COALITION



Mental Health Rights Coalition is seeking submissions of original art from persons with lived experience of mental illness and/or addiction to be displayed during the month of May honouring National Mental Health Week. This is a wonderful opportunity for us to open an important conversation about the controversies and challenges around mental health and addictions. Artists will also be invited to participate in artist talks

Do you have artwork that challenges and informs views of mental illness and addiction? Share your experiences in the mental health system, hospitals and the justice system. Show us your challenges and triumphs in recovery. Start a conversation.

Gallery space will be provided by *Mental Health Rights Coalition*, *You Me Gallery* and *This Ain't Hollywood*.

Art can be of any form, such as painting, drawing, mixed media, sculpture and photography. However there will be limited space for sculptural or installation pieces.

This is a non-juried exhibition. Pieces are not selected on merit and it is our intention that all interested artists will be able to participate.

Art must be created by a person with lived experience of mental illness and/or addiction and related to our discussion of mental illness, the system, recovery, etc.












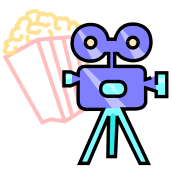

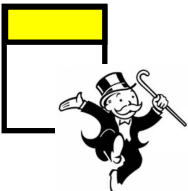






Please submit your artwork with contact information, name of piece, information about how it is relevant to the discussion and whether you would like to participate in the artist talks. Please submit artwork by **April 4th, 2014** to

**Mental Health Rights Coalition**  
**20 Emerald St South**  
**Hamilton ON L8N 2V2**

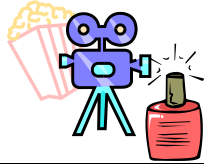





















Contact: Frances Jewell or Amanda Carey

For questions, please call Frances Jewell or Amanda Carey at 905-545-2525














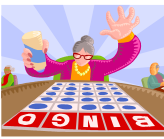





# March 2014

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3	4	5	6	7	8
	Knitting 	Air hockey 	Coffee Walk 	Current Events 	Apples to Apples Game 	
9	10	11	12	13	14	15
	Karaoke 	Healthy Living 	Members Meeting  Cards 	Board Games 	Bingo 	
16	17	18	19	20	21	22
	Crafts  St. Patrick's Day 	Hearts - Cards 	Movie 	Skip-bo 	Healthy Living  Wii Fit 	
23	24	25	26	27	28	29
	Monopoly Deal 	Improv Workshop 	Crazy Eights 	Dictionary game 	Karaoke Birthday Party 	
30	31	<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>				
	Euchre 					
				<p><b>MENTAL HEALTH RIGHTS COALITION</b></p> 		



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
		<b>Movie &amp; Manicures</b> 	<b>Current Events</b> 	<b>Karaoke</b> 	<b>Members' meeting</b> 	
6	7	8	9	10	11	12
	<b>Art</b>  <b>NATIONAL VOLUNTEER WEEK</b>	<b>Healthy Living Garden Group</b> 	<b>Board Game</b> 	<b>Apples to Apples Game</b> 	<b>Cards</b>  <b>THANK YOU</b>	
13	14	15	16	17	18	19
	<b>Art</b> 	<b>Skip-bo</b> 	<b>Euchre</b> 	<b>Air Hockey</b> 	<b>Good Friday</b> 	
20	21	22	23	24	25	26
	<b>Happy Easter!</b>  <b>Closed</b>	<b>Improv Workshop</b> 	<b>Birthday Celebration</b> 	<b>Karaoke</b> 	 <b>Wii Fit</b>	
27	28	29	30	<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>		
	<b>Art</b> 	<b>Bingo</b> 	<b>Cribbage/Cards</b> 			

# May 2014

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p>		1	2	3
<p><b>MENTAL HEALTH RIGHTS COALITION</b></p> 				<p>Members' meeting</p>  <p>Apples to Apples Game</p> 	<p>Karaoke</p>  <p>&amp; Garden</p>	
4	5	6	7	8	9	10
<p><b>MENTAL HEALTH WEEK</b></p> <p>Please stay tuned for our schedule of events available in April, including Gallery Opening and Artist Talks</p>						
11	12	13	14	15	16	17
	<p>Air hockey</p> 	<p>Crazy Eights</p> 	<p>Board Games</p> 	<p>Karaoke</p> 	<p>Healthy Living—Garden</p>  <p>Wii Fit</p>	
18	19	20	21	22	23	24
	<p>Victoria Day</p>  <p>Closed</p>	<p>Rail Trail Walk</p> 	<p>Euchre</p> 	<p>Bingo</p> 	<p>Dominoes &amp; Backgammon</p> 	
25	26	27	28	29	30	31
	<p>Birthday Party</p> <p>Karaoke</p> 	<p>Improv Workshop</p> 	<p>Monopoly Deal card game</p> 	<p>Coffee walk</p> 	<p>Movie &amp; Manicure</p> 