

The Rights Stuff Fall 2017



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

Sept • Oct • Nov • 2017

Peer Support Training Membership Renewal

We are currently interviewing for peer support training classes that begin in October.

Additional applications will be held in queue in the order received for the next training.

There is a cost associated with training. You may be able to receive assistance if you are a recipient of employment supports, or social assistance.

MHRC proudly offers peer support training that aligns with the knowledge standards of Peer Support Accreditation and Certification Canada. You receive a certificate for completing training with MHRC, however PSACC certification is an independent process.

It is time to renew your membership with MHRC.

Failure to do so may lead to interruptions in receiving our newsletter. You must also be a current member to vote at our upcoming Annual General Meeting. Please contact us by phone, fax, in person, by email, mail or online.

There is a form on page 2 to fax or email as well as fillable forms on our website. You may also call or come in and we can help you fill it out.

Phone: 905-545-2525 Fax: 905-545-0211
www.mentalhealthrights.ca mhrprograms@bellnet.ca
103-100 Main St E Hamilton ON L8L 5R7

AGM

Please register to attend in advance of our Annual General Meeting & Award Presentations

Tuesday, September 26, 2017

4:00-6:30 pm

35 Aikman Ave.,
Hamilton, ON

—details SEE PAGE 5

Open Studio

A three year community project, Sitelines will increase access to art based learning opportunities for persons with lived experience of mental illness or addiction.

Join an on-site mentor Mondays 3:30-5:30 pm and check out classes every season.

Contact Becky Katz for info or to sign up.

See full details on page 4.



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Membership Sign Up/Renewal Form

TODAY'S DATE: _____ Birthday:(MONTH/DD/YYYY) _____

Name: _____

Complete Address: _____ unit or apt # _____

City: _____ Postal Code _____

Phone: _____ Cell Phone _____

Email: _____

Please circle one answer for each of the following questions:

| | | | |
|---|------------|----------|---|
| 1. I am a Consumer/Survivor of the mental health and/or addictions | Yes | No | |
| 2. I live, work, or receive services within Hamilton, Niagara, Hal-dimand Norfolk) or Brant – LHIN4. | Yes | No | |
| 3. Gender (please print) | | | |
| 4. I would like to receive your newsletter by email | Yes | No | I'll come in Mail (limited availability) |
| 5. I consent that you may contact me by the following (circle as many as apply) | Phone | Email | |
| 6. I consent that MHRC may contact me to renew my membership annually or to inform me about special events | By phone | By email | Will come in |
| 7. I consent that MHRC may contact me to provide information and/or support in the event of natural disaster (severe weather), public crisis (black out) or public health concern (pandemic). | Yes | No | |
| <i>Answer only if you <u>do not</u> live in supportive housing</i> | | | |
| 8. In the event of a crisis would you need emergency supplies | Yes | No | n/a |
| 9. Have you filled out an OCAN form? Would you be interested in filling out an OCAN form? (please ask for information about OCAN) | Yes Yes | No No | Already have |

Membership Type New Member ____ Renewal ____

For your safety:

MHRC does not collect any medical information including any psychiatric diagnosis. If you have an EMERGENCY medical condition which we should know about for your safety please note it on this form or let us know.

Member Signature _____

Candlelight

Vigil

St. Joseph Hospital

Mon, Oct 2, 2017

6 pm



Mental Illness Awareness Week 2017

October 1-7, 2017

Please join us daily for activities promoting mental wellness & recovery.

St. Joes' Vigil—Current Events in Mental Health—Expressive Arts—Financial

Literacy presentation—Party—Recovery—Self-determination—Advocacy

Learning to Life

Learning to Life provides funds and support to adults interested in pursuing non-traditional education training opportunities where scholarships, loans, bursaries or other forms of financial assistance are not available.



Eligibility:

- **Age 18+**
- **Hamilton resident**
- **Demonstrated financial need (LICO, ODSP, OW)**

Expectations:

- **Participant to prepare and present research results for training/education options and rationale for program selection.**
- **Participate in peer mentoring for other Learning to Life program participants after completing studies**
- **Provide documentation of course completion**
- **Participate in program evaluation**

Contact:

Bobby Emery:

Phone 905-525.5188 x2431 Fax 905-525-4195 Email BEmery@gsch.ca

SITELINES

Community Arts Project

NO COST!

Free Programming for Adults with Lived Experience of Mental Health

Sitelines is a three-year long Community Arts project that increases access to arts-based learning opportunities and compelling artistic cultural experiences for individuals with lived experience of mental health and/or addiction, through instruction and open studio times—helping to reduce barriers to art creation and production.



painting by Boris Lopez, 2010

OPEN STUDIO

DRAWING, PAINTING, SCULPTURE, PRINTMAKING,
MATERIALS SUPPLIED! EXPERIMENTALISM ENCOURAGED!
ON-SITE TECHNICIAN/MENTOR

EVERY MONDAY 3:30-5:30pm beginning August 29, 2016.

all workshops taking place at:

**Art Forms Art Studio:
126 James Street North**

For more info or to sign up, contact Becky Katz
communityarts@centre3.com
905-524-5084

centre[3]
for print and media arts



Notice of Annual General Meeting

POWER/SCOPE Awards

Tuesday, September 26, 2017

35 Aikman Ave., Hamilton, ON

4 p.m. to 6:30 p.m.

4 pm Speaker

5 pm AGM

5:30 pm Dinner

6 pm – Awards

SCOPE is a non-competitive award event: every nominee receives a SCOPE certificate and is invited to the award presentations, along with their nominator.

This meeting will include the election of officers to the board of directors.

Please update membership to ensure voting privileges.

If you will be attending please call 905-545-2525

Please register your spot for dinner

SCOPE Award—Supporting Consumer Opportunities for Personal Empowerment

SCOPE awards recognize people for their contributions and efforts which empower consumer/survivors of the mental health system in Hamilton.

Nominations are made by mental health consumer/survivors who are members and staff of the MHRC. Those receiving the award may be family, friends, and support workers. It is an opportunity for consumers to publically thank those who have supported and continue to support them in their recovery. MHRC staff are not eligible for this award.

SCOPE Award forms may be picked up at the MHRC offices,

103-100 Main St E. or on the website at

www.mentalhealthrights.ca

or email mhrcprograms@bellnet.ca

Nominations close September 1, 2016

SCOPE awards will be presented at the Annual General Meeting, September 26, 2017

Power Award

The deadline for nominations is September 1st, 2017, 4pm

Nomination forms are to be submitted to the Executive Director of MHRC stating:

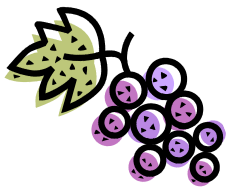
- the name and workplace of the nominee
- the reason the nominator believes this peer supporter to be worthy of the nomination
- two names supporting the nomination including contact information.

The nominee does not need to be aware of the nomination.

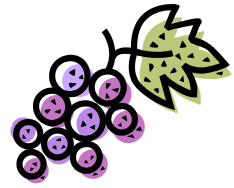
The award will be presented to the selected recipient at the Annual General Meeting of MHRC.

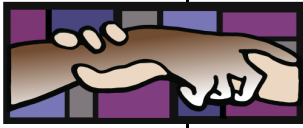


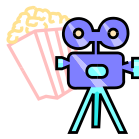


















Please note:
Our office will close
at 3 pm to prepare
for the evening's
meeting





















September 2017



| 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 |
| | MENTAL HEALTH RIGHTS COALITION  | | | | Bingo  Women's Group 2:30 | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | Labour Day  | Euchre  | Movie  Men's Group 2:30 | Board Games  | Arts & Crafts  | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | Colouring  | Board Games  | Improv  Men's Group 2:30 | Healthy living  | Air hockey  Women's Group 2:30 | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | Art & Crafts  | Cards  | Members Meeting   Birthday Party Men's Group 2:30 | Dictionary Game  | Karaoke  | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | Jenga  | Apples to Apples  Annual General Meeting 4-6:30 pm | Creative writing  Men's Group 2:30 | Rail trail walk  | Euchre  Women's group 2:30 | |












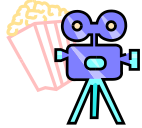











October 2017

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--|--|--|--|---|---|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <div>Mental Illness Awareness Week</div> | | | | | | |
| | Expressive Art | Self-advocacy | Current Events | Financial Literacy | Party | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | Thanksgiving  | Multicultural Wellness Fair  | Improv  Men's Group 2:30 | Apples to Apples Game  | Cards  Women's group 2:30 | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | Board Games  | Karaoke  | Members meeting birthday  Men's Group 2:30 | Air Hockey  | Healthy Living  | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | Colouring  | Bingo  | Creative writing and open mic  Men's Group 2:30 | Crazy Eights  | Skip-bo  Women's group 2:30 | |
| 29 | 30 | 31 | Calendar Activities begin at 1 p.m. unless otherwise stated. Walk- ing/Exercise activities are de- pendent on weather. Please wear appropriate shoes and clothing. | | | |
| | Arts & Crafts  | Halloween Party  | MENTAL HEALTH RIGHTS COALITION  | | | |



November 2017



| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|---|---|--|--|--|--|-----|
| | | | 1 | 2 | 3 | 4 |
| Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are de- pendent on weather. Please wear appropriate shoes and clothing. | | | Apples to Apples Game  Men's Group 2:30 | Crazy Eights  Women's group 2:30 | Karaoke  | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | Puzzle  | Monopoly  | Improv  Men's Group | Board Games  | Dominoes & Backgammon  Women's group 2:30 | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | Arts & Crafts  | Hearts—Cards  | Birthday & Members' meeting  Men's Group 2:30 | Movie & Manicure  | Air Hockey  | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | Board Games  | Scrabble  | Creative writing  Men's Group 2:30 | Bingo  | Healthy Living  Women's group 2:30 | |
| 26 | 27 | 28 | 29 | 30 | | |
| | Colouring  | Euchre  | Coffee Walk  Men's Group 2:30 | Arts & Crafts  | MENTAL HEALTH RIGHTS COALITION  | |