

THE RIGHTS STUFF

Fall 2019

September-November 2019

Norfolk County Fair

Mental Health Rights Coalition is excited to be travelling to the Norfolk County Fair Oct 9. Leaving from the office at 10 am, and returning at 5 pm. Please bring spending money. A brown bag lunch will be provided.

Attractions

Check out the animals and agriculture
Take in a show
Check out the artisans and crafters
Check out the winners of competitions
Choose from a variety of food vendors and
3 full restaurants
Ride the midway

Sign up!

Open to current members of Mental Health Rights Coalition. Please call 905-545-2525 or sign up in office.

What's Happening Hamilton?

Ontario Archaeological Society Monthly Lectures

Fieldcote Museum. A lecture or film is presented, with coffee and snacks. For all ages. Free. For more information contact: Phone: 905-648-8144

Steel City Jazz Festival

Nov 6-9 <https://steelcityjazzfest.com/tickets/>

Supercrawl

Sept 13-15 <https://supercrawl.ca/>

McMaster Museum of Art

Check out a great collection and rotating exhibits.
Tues/Wed/Fri 11 am – 5 pm
Thursday 11 am – 7 pm Saturday 12 – 5 pm
Pay what you can. Suggested \$2



Norfolk County Fair Logo

In This Issue

- Norfolk Fair
- Bereavement Counselling
- Federal Election
- Hamilton Events
- Job postings
- Calendars

Job Postings

Job postings are currently available for a part time and relief peer support worker at Mental Health Rights Coalition deadline Sept 11 and an offsite (seconded, contract) position working at Joseph Brant Hospital (deadline September 3).

Full job postings are available on our website and via our email mailing list. Please read the job descriptions carefully and be specific about the job that you are applying for as they are very different job descriptions, hours and terms.

<http://www.mentalhealthrights.ca/jobs.html>

Joseph Brant Peer Navigator (MHRC secondment)

24 week contract at 37.5 hours per week. Start date approx. September 30th
Deadline September 3rd

Mental Health Rights Coalition PT and Relief Peer Support Worker

4 hour shift per week plus must be available to fill 5 hour peer support shifts as needed.

Deadline September 11th.

Please follow the instructions in the postings for application.

No phone calls please.

Christmas Donations

If you would like to help support us with donations to fund our Christmas party please let us know! Every year we supply gifts about 50 members and provide a meal and treats. We are also open throughout the holiday season providing support and activities in collaboration with the Barrett Centre. If you would like to support any of our efforts during this holiday season, we would appreciate your support. Please contact Frances
mhrccd@bellnet.ca to find out how you can help!

*Thank
You*

Donations Needed

Mental Health Rights Coalition strives to provide hygiene products to individuals who attend our centre.



Urgently needed are laundry detergent, shampoo, body lotion and shower gel. New individual or full size items are appreciated.

Thanks for your help!

Please bring new items to our office.

100 Main St E #103



MHRC also has a small supply of harm reduction supplies available.

Mental Illness Awareness Week

Mental Illness Awareness Week is October 6-12. There will be activities throughout the city, including St Joe's vigil Oct 7th to remember those who have gone before us. Come in to the office to find out events during the week.



Bereavement Counselling

Mental Health Rights Coalition is pleased to announce Grief and Bereavement Counselling will be available free of charge on Wednesdays between 1:00 PM and 4:00 PM starting Wednesday Sept 18th.

Grief and bereavement counselling is for those experiencing a loss whether it be the loss of a home, job, pet, friend or family member. Counselling is being offered by Patricia Brezden, a retired Chaplain and Grief Counselor with 30 years of practice. Patricia brings a kind and supportive approach to dealing with grief.

Counselling is by appointment only, lasting 4 to 6 sessions. If you are interested in an appointment please visit us or call 905-545-2525 for information.

Priority is given to current members of MHRC.

Office Closed for Offsite Activities

To accommodate our offsite activities, MHRC office will be closed Sept 23-24 for staff development and Oct 9 for a trip to Norfolk County Fair.

Don't forget to vote in your federal election Oct 21

Find out about candidates and voter information at:

<https://elections.ca/>

Join us Oct 3 for Election info

Contact Us

Give us a call for more information about who we are and what we do!

Mental Health Rights Coalition

103-100 Main Street E
Hamilton, ON L8N 3W4

(905)545-2525

Fax (905)545-0211

Visit us on the web at
www.mentalhealthrights.ca



Find us on
Facebook

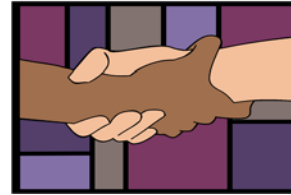
[www.Facebook.com/
MentalHealthRightsCoalition](http://www.Facebook.com/MentalHealthRightsCoalition)

Submissions to this newsletter are welcome. Submit 15 days prior to publication (Sept, Dec, Mar, June) to mhrcprograms@bellnet.ca



September 2019

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 Labour Day	2 Healthy Living	3 Crafts with Kimiko	4 Board Games Open Peer Group	5 Art Gallery Women's Group	6 Cards Men's Group	7
8 Karaoke	9 Walk about	10 Healthy Living Open Peer Group	11 Monopoly Women's Group	12 Art with April Men's Group	13 Sorry! (Game)	14
15 Art with April Men's Group	16 Sorry! (Game)	17 Current Events Scrabble	18 Dictionary Game Open Peer Group	19 Movie Women's Group	20	21
22 Staff development days	23 Staff development days	24 Birthday Party Members' Meeting	25 Walk about Open Peer Group	26 Creative Writing Women's Group	27	28
29 Art with April Men's Group	30					



We will be closed
Labour Day Sept 2
and for professional
development on Sept 23
and 24.

Did you know there is lots to
do at the Library? Sept 2 at
3pm Barton Branch Explore
art and how it promotes
wellbeing

Activities begin at 1 pm
unless otherwise noted.
Please come prepared for
the weather and with
comfortable shoes for
outdoor/walking activities.



We have peer
support groups for
those wishing to be only
with men or women and an
open peer support group for
all genders. These groups
provide support with
everyday issues and are not
specific to gender issues

Is there a part of downtown
that you really enjoy? Feel
free to suggest a route for
our walk about. Ask to be a
walk about leader!

October 2019

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 Card Games	2 Jenga	3 Healthy Living Open Peer Group	4 Art Gallery Women's Group	5
6	7 Board Games Men's Group	8 Musical Instruments	9 Norfolk County Fair (office closed)	10 Walk About Open Peer Group	11 Bingo Women's Group	12
13	14 Thanksgiving	15 Art with April	16 Walkabout	17 Movie Open Peer Group	18 Trivial Pursuit Women's Group	19
20	21 Karaoke Men's Group	22 Birthday, Member Meeting	23 Crafts	24 Dictionary Game Open Peer Group	25 Euchre Women's Group	26
27	28 Art with April Men's Group	29 Healthy Living	30 Euchre	31 Halloween Party		

Join us for pizza and spooky fun on Halloween! Don't forget to dress up!

Activities begin at 1 pm unless otherwise noted. Outdoor activities are weather dependent. Please dress accordingly.

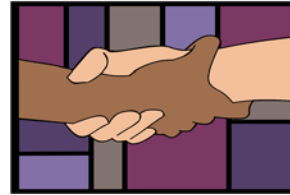
Join us for Men's Group on Mondays at 2:30 pm; Women's group Friday at 2:30 pm; Open peer group Thursday 2:30 pm

Is there a part of the downtown that you really enjoy? Feel free to suggest a route for our walk about.

Is there something you would like to share, an activity you would like to lead or an event you would like to plan? Come to our members' meeting

November 2019

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
					Art Gallery Women's Group	
3	4	5	6	7	8	9
	Art with April Men's Group	Movie	Snakes & Ladders	Walk About Open Peer Group	Current events Women's Group	
10	11	12	13	14	15	16
	Scrabble Slam Men's Group	Bingo	Crafts	Healthy Living Open Peer Group	Karaoke Women's Group	
17	18	19	20	21	22	23
	Art with April Men's Group	Healthy Living	Euchre	Bingo Open Peer Group	Go to the movies	
24	25	26	27	28	29	30
	Crazy Eights Men's Group	Puzzles	Karaoke	Birthday Party Members' Meeting	Sorry! (Game) Women's Group	

Activities begin at 1 pm unless otherwise noted. Please come prepared with walking shoes and outerwear for outdoor activities.

Join us for Men's Group on Mondays at 2:30 pm; Women's group Friday at 2:30 pm; Open Peer Group Thursday 2:30 pm.

Did you know that you can always use the space at MHRC on your own. You don't need to participate in the daily activity to attend.

We will be attending the movies on Nov 22. Spaces are limited. Registration is required and open to MHRC members.