



The Rights Stuff

MHRC UPDATES

This quarter at the MHRC has been great!

We introduced member meetings which have allowed members to provide us with feedback regarding the activities we have planned and allow them to add additional activities or events they would like to see. Some ideas that we have incorporated from the member meeting into this calendar are; crocheting,

Yahtzee, line dancing, outings and talent show.

In April we had family members of the staff offer to make a turkey dinner for the members and it was well received! We all sat together and ate our turkey dinner and are definitely looking forward to the next one!

Our members also mentioned wanting to have more involvement while working on the newsletter, so please see our added members contributions pages! These are pages that any members can submit something to contribute to the newsletter! It can be anything you want, a cool picture you took, a drawing, a colouring, a poem, painting, the list goes on! If you would like something of yours featured in the next newsletter, please send an email to mhrcprograms@bellnet.ca or come into the centre and speak with Kayla!

What's Happening in Hamilton?

Concrete Canvas Art Festival
August 11th-13th, 10am-10pm

Dundas Cactus Festival
August 18th-20th

Supercrawl
September 8th-10th

Services Spotlight:

PATH Employment

PATH is a non-profit agency that helps people on any type of disability obtain and maintain jobs since 1972.

100-31 King St E
Hamilton, ON

Phone: 905-528-6611

www.pathemployment.com



By: Hope W



Member Contributions

ONWARD WE GO

I long to be in a place that's somewhere far away,
Where the sun shines all day long, even when the clouds are gray.
The feelings I have are hidden so deep in troubled waters below,
Where they are kept secret from others around, where thoughts often
flow!
But the troubles I have just come and go, that I will sometimes share,
With all of those I hold close to me. Those who truly care!
The trials we have will come and go, but we must have patience to
wait,
Until the very day we die. To enter through the gate!
The time we have is very short and before we know it, we are old,
And the strength we've gained throughout the years will indeed make
us bold.
So while we're here, we should share, to others a gentle smile.
To help those who struggle in life, to walk that extra mile!
We may decide to travel afar. Maybe somewhere across the sea,
So it will lead us to others, so that one day they may see.
And through our trials and struggles, yet there shines some hope!
That the inner strength found within, will somehow help us cope!
Let the tears of sorrow fall, like raindrops from high above in the sky,
That one day will flow from deep inside, with the strength to say
good-bye!
So persevere as much as you can, and leave the past behind,
So you may find the joy you deserve, with perfect peace of mind!

By: Melvin Cormier (copyright)



Art Work by Michael F



The Rights Stuff

Member Contributions



A 3D Puzzle of the Titanic some of our members have been working on for the past month!



Art Work by Stede Wild

Dave's Joke of the Month

What did the mop say to the bucket?
You look a little pale!

Mental Health Rights Coalition

MHRC is a place to go

When you need to be around people

Who understand you and what you're going through

It's also the place to go for conversation, coffee and talk

Where you can find support and help when you need it.

Do yourselves a favor and go to MHRC and have fun



Written by: Darlene Simpson

Canada Day

Canada Day is Canada's Birthday

A day to celebrate our Country's Birthday

A day also to have fun, spend time with family and friends and
sing O'Canada

Canada Day is a national holiday for Canada

Canada is rocky mountains, the hills, the fields, lakes, oceans,
beautiful scenery and Canada is an awesome country.













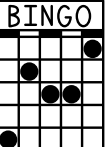










Written By: Darlene Simpson



**Mental Health
Rights Coalition**

The Rights Stuff

JULY 2023

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|--|--|--|--|-----|-----|
| | | | | | 1 | 2 |
| 3  | 4 Crafts  | 5 Crochet  | 6 Colouring  | 7 Yahtzee  | 8 | 9 |
| 10 Movie  | 11 Painting  | 12 Crochet  | 13 Summer Promenade  | 14 Yahtzee  | 15 | 16 |
| 17 BINGO  | 18 Crafts  | 19 Crochet  | 20 Poetry  | 21 Button Making  | 22 | 23 |
| 24 Karaoke  | 25 Bob Ross Painting  | 26 Crochet  | 27 Birthday Celebration  | 28 Yahtzee  | 29 | 30 |
| 31 Talent Show  | | | | | | |



Open Peer Support Group @2:30













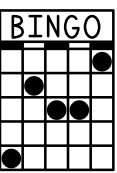












Member Meeting @2:30

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



AUGUST 2023

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|--|--|--|-----|-----|
| | 1 Key Chain Making  | 2 Crochet  | 3 Crazy 8's  | 4 Yahtzee  | 5 | 6 |
| 7  | 8 Picnic  | 9 Crochet  | 10 Bob Ross Painting  | 11 Button Making  | 12 | 13 |
| 14 Pastel Art  | 15 Line Dancing  | 16 Crochet  | 17 BINGO  | 18 Yahtzee  | 19 | 20 |
| 21 Crafts  | 22 Movie  | 23 Crochet  | 24 Poetry  | 25 Yahtzee  | 26 | 27 |
| 28 Painting  | 29 Coffee Shop Walk  | 30 Crochet  | 31 Birthday Celebration  | | | |



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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SEPTEMBER 2023

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|--|--|---|-----|-----|
| | | | | 1 Yahtzee  | 2 | 3 |
| 4  | 5 Walking Club  | 6 Crochet  | 7 Poetry  | 8 Yahtzee  | 9 | 10 |
| 11 Crafts  | 12 Key Chain Making  | 13 Crochet  | 14 Board Games  | 15 Yahtzee  | 16 | 17 |
| 18 Painting  | 19 Walking Club  | 20 Crochet  | 21 Colouring  | 22 Yahtzee  | 23 | 24 |
| 25 Crafts  | 26 BINGO  | 27 Crochet  | 28 Birthday Celebration  | 29 Yahtzee  | 30 | |



Open Peer Support
Group @ 2:30



Member Meeting
@2:30

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