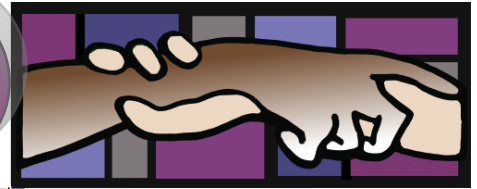


# The Rights Stuff Winter '14-15



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

Dec • Jan • Feb • 2014-15

## Computer Training: One Year!

Our Ontario Trillium Foundation-supported initiative has been underway for one year. 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.

We have just reviewed our first year of computer use and training. I am very proud to announce that everyone who has participated has identified an increase in computer skills. In addition our computer use

has increased 267% since receiving new computers.

If you are interested in training, please call or come in to find out current offerings. Topics such as Google, Skype, email, Publisher, Word and Powerpoint are being offered.

Training is an open format. You can sign up for a time slot and identify the area you would like to work on. If you have a project you would like to work on you can do that in training or

even ask a peer support worker. Computers are available to use daily as well.

Thank you to the Ontario Trillium Foundation for the ongoing support.



### What people are saying about computer training:

*"This has been a great experience. I can now complete tasks on the computer that I couldn't before: YouTube, Word, Internet, Excel."*

*"The material was relevant and easy to understand. The training I received will enable me to help others. It's an excellent program."*

*"My trainer was extremely knowledgeable and very patient in teaching me skills I didn't quite understand. I love learning."*

*"I found the training helpful. I feel brought up to speed in terms of having current skills and I would welcome more training."*

*"Excellent instructor. Thank you for the opportunity"*

### Inside this issue:

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**From all of us  
to all of you,  
Merry Christmas,  
Happy Holidays  
and a safe and  
happy season.**

# Open Christmas Week!

Once again, we are happy to partner collaborate with Good Shepherd Barrett Centre to provide Drop-in Holiday Support.

Daily groups  
from Dec 25–  
Jan 1 (weekend  
included)



Drop in 11am-4pm  
Activities 1 pm

Groups held at:  
Mental Health Rights  
Coalition  
20 Emerald St S  
Info: 905-545-2525

There will be fun and social daily activities and group discussion, and you are welcome to use the drop-in as you would normally (independently socialize, use phone, computer, etc).

Activity schedule to be announced (see online and in office for details).



## Valentine's Dance

It's that time of year again! We are celebrating Valentine's Day and dancing away the winter blahs! Enjoy live music and dance to your favourite songs with our friends at Good Shepherd. Light refreshments provided.

Please contact us for more information  
Details will be posted online & in office

## Did You Know?



At the MHRC drop in there is more to do than the listed activity for the day, so please stop in! You can read the newspaper or a magazine, use the computer and phone, socialize with others, or pick up any activity or game and do it with other members. We have a craft and other rooms available for your use as well. Come and see all that we have to offer. Got an idea? Let us know. You can have your say on calendar events and provide feedback at the monthly members meeting. Birthday party follows with cake.

# December 2014





















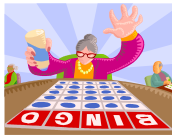
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	Art & Craft 	Movie  Computer Train- ing 12-3	Bingo 	Air Hockey 	Karaoke  Computer Training 12-2	
7	8	9	10	11	12	13
	Knitting 	Apples to Apples  Computer Train- ing 12-3	Skip-bo 	Members' Meeting Birthday Party 	Current Events  Computer Training 12-2	
14	15	16	17	18	19	20
	Art & Craft 	Board Games  Computer Train- ing 12-3	Christmas cookies 	Coffee walk 	Christmas Party 	
21	22	23	24	25	26	27
	Art & Craft 	Monopoly Deal 	Christmas Karaoke 	Drop in support and activities See p. 3 <b>Open</b>		
28	29	30	31	Calendar Activities begin at 1 p.m. unless otherwise stated.  Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.  <b>MENTAL HEALTH RIGHTS COALITION</b> 		
Drop in support and activities <b>Open</b>						





# January 2015


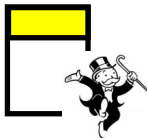










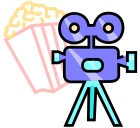







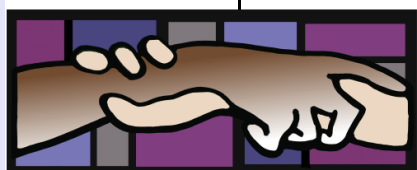


Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<p>Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p>		1	2	3
				<p>Holiday</p> <p>Drop-in support and activities</p> <p>See p 3</p> <p><b>Open</b></p>	<p>Karaoke</p> 	
4	5	6	7	8	9	10
	<p>Art &amp; Crafts</p> 	<p>Healthy Living</p>  <p>Computer training 12-2</p>	<p>Board Game</p> 	<p>Apples to Apples Game</p>  <p>Computer training 12-3</p>	<p>Cards</p> 	
11	12	13	14	15	16	17
	<p>Knitting</p> 	<p>Skip-bo</p>  <p>Computer training 12-2</p>	<p>Karaoke</p> 	<p>Healthy Living</p>  <p>Computer training</p>	<p>Air Hockey</p> 	
18	19	20	21	22	23	24
	<p>Art &amp; Crafts</p> 	<p>Current Events</p>  <p>Computer training 12-2</p>	<p>Members' meeting Birthday</p> 	<p>Crazy Eights</p>  <p>Computer training 12-3</p>	<p>Euchre</p> 	
25	26	27	28	29	30	31
	<p>Art &amp; Crafts</p> 	<p>Cribbage/Cards</p>  <p>Computer training 12-2</p>	<p>Pictionary</p> 	<p>Dictionary Game</p>  <p>Computer training</p>	<p>Bingo</p> 	



# February 2015



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	<b>Current events</b> 	<b>Monopoly Deal</b>  <b>Computer training 12-2</b>	<b>Karaoke</b> 	<b>Crazy Eights</b>  <b>Computer Training 11-2</b>	<b>Dominoes &amp; Backgammon</b> 	
8	9	10	11	12	13	14
	<b>Art &amp; Crafts</b> 	<b>Healthy Living</b>  <b>Computer training 12-2</b>	<b>Coffee Walk</b> 	<b>Scrabble</b>  <b>Computer Training 11-2</b>	<b>Air Hockey</b> 	
15	16	17	18	19	20	21
	<b>Knitting</b> 	<b>Hearts—Cards</b>  <b>Computer training 12-2</b>	<b>Movie &amp; Manicure</b> 	<b>Board Games</b>  <b>Computer Training 11-2</b>	<b>Healthy Living</b> 	
22	23	24	25	26	27	28
	<b>Art &amp; Crafts</b> 	<b>Euchre</b>  <b>Computer training 12-2</b>	<b>Birthday &amp; Member's Meeting</b> 	<b>Apples to Apples Game</b>  <b>Computer Training 11-2</b>	<b>Karaoke</b> 	
		Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.		<b>MENTAL HEALTH RIGHTS COALITION</b> 		

Mental Health Rights Coalition, 20 Emerald St S, Hamilton ON, L8N 2V2 | Phone 905-545-2525 | fax 905-545-0211 | [www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)