



Mental
Health
Rights
Coalition

THE RIGHTS STUFF

Summer 2018

June-August 2018

Notice of Annual General Meeting

Our Annual General Meeting will be held
Tuesday, June 26th, 2018
Good Shepherd Family Centre
143 Wentworth St S (in the basement)
4 p.m. to 7 p.m.

This meeting will include the election of officers to our board of directors and review of the executive and financial reports. We will award SCOPE awards to peers and providers and the POWER award to one peer support worker. Dinner to follow. Please call us to register if you wish to attend.

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)

SCOPE & POWER Awards Recognize 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 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.

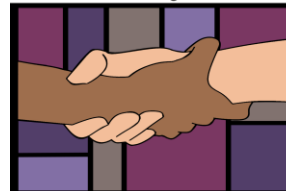
Power Award—Peer's Outstanding Work Empowering Recovery

Recognizes certified Peer Support Workers who go above and beyond in supporting the empowerment and recovery of consumers. Nominations must include the name and workplace of the nominee, the reason for nomination and 2 names supporting nomination.































The deadline for both award nominations is June 15, 2018. Forms are available in the office and online.

June 2018

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat				
					  1 Bingo Women's Group	2				
3	 Arts & Crafts	4	 Movie	5	  6 Snakes & Ladders Men's Group	7	 Walk About	8	 Art Crawl Book Talks Women's Group	9
10	 Scrabble Slam	11	 Walk About	12	 Current events Men's Group	13	 Arts & Crafts Native Art	14	  15 Karaoke Women's Group	16
17	 Arts & Crafts	18	 Healthy Living	19	  20 Euchre Men's Group	21	 Aboriginal Day	22	  22 Healthy Living Women's Group	23
24	 Canada Day Themed Activities	25	  26 Puzzles AGM	27	  27 Karaoke Men's Group	28	  28 Birthday Party Members' Meeting	29	  29 12pm Will Gillespie @HPL Women's Group	30

Activities begin at 1 pm unless otherwise noted.



Join us for Men's Group on Wednesdays at 2:30 pm; Women's group Friday at 2:30 pm

Join us for Art Crawl. Meet Tina at York and James at 6:30 pm June 8, July 13, and August 10.



We will close at 2 pm June 26th to prepare for our Annual General Meeting.

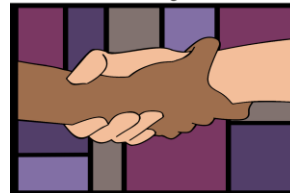
Please Join us at Good Shepherd Family Centre 143 Wentworth St S 4pm-7pm for our Annual General Meeting June 26.



June 21st we celebrate Aboriginal Day. Join us for music, food and activities.

July 2018

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 Closed for Canada Day	2 Puzzles	3 Walk About Men's Group	4 Pictureka	5 Pictureka	6 Healthy Living Women's Group	7
8 Arts & Crafts	9 Dominoes	10 Karaoke Men's Group	11 Book Talks	12 Book Talks	13 Crazy Eights Women's Group	14
15 Euchre	16 Healthy Living	17 Slamwich Men's Group	18 Arts & Crafts	19 Arts & Crafts	20 Current Events Women's Group	21
22 Arts & Crafts	23 Walk About	24 Birthday Party Members' Meeting Men's Group	25 Karaoke	26 Karaoke	27 Bingo Women's Group	28
29 Movie: Jumanji	30 Uno	31				

Activities begin at 1 pm unless otherwise noted.



Join us for Men's

Group on Wednesdays at 2:30 pm; Women's group Friday at 2:30 pm

Join us for Art Crawl. Meet Tina at York and James at 6:30 pm June 8, July 13, and August 10.



Closed for Canada

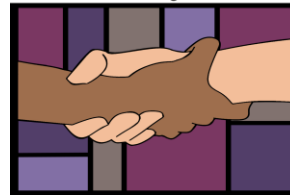
Day long weekend July 2nd

Join us for Book Talks where we share and discuss passages from our favourite books.

Wednesdays enjoy free music at Whitehern 12-2 pm

August 2018

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Whitehern Men's Group	2 Arts & Crafts	3 Book Talks Women's Group	4
5 Civic Holiday	6 Karaoke	7 8 Art Men's Group	8 9 Walk About	9 10 Crazy Eights Women's Group	10 11	11
12 Crafts	13 Puzzles	14 15 Gore Park Promenade Men's Group	15 16 Healthy Living	16 17 Arts & Crafts Women's Group	17 18	18
19 Boggle	20 Walk About	21 22 Skip-bo Men's Group	22 23 Birthday Party Members' Meeting	23 24 Sorry Revenge Women's Group	24 25	25
26 Crafts	27 Movies	28 29 Current Events Men's Group	29 30 Bingo	30 31 Karaoke Women's Group	31	

Activities begin at 1 pm unless otherwise noted.



Join us for Men's Group on Wednesdays at 2:30 pm; Women's group Friday at 2:30 pm

Join us for Art Crawl. Meet Tina at York and James at 6:30 pm June 8, July 13, August 10.



Closed for the Civic Holiday August 6th.

Wednesdays enjoy free music at Whitehern 12-2 pm

Learn about solving jigsaw puzzles with Holly and then come in and work on them as you desire.