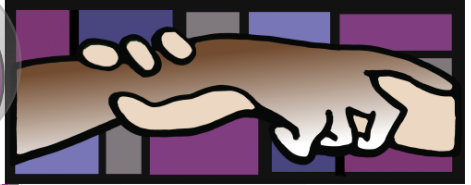




The Rights Stuff

Fall 2014



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

Sept • Oct • Nov • 2014

Computer Training Underway

Our Ontario Trillium Foundation-supported initiative is underway. 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 already seen an increase in the use of our computers and in the number of members and staff that are being trained. Training is an open format where individuals can

identify the topic they would like to learn.

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.

If you have a topic that you would like to learn about, a program that you need to learn to use, or some

project that you need to learn to do on the computer, send us an email or let us know when you are in. You can email Amanda at mhrcprograms@bellnet.ca



We are grateful for the continued support of the Ontario Trillium Foundation.

Notice of AGM

**Annual General Meeting
&
SCOPE and POWER
Award
Presentations**

**Tuesday, September 23,
2014**

4:30-7 pm

**35 Aikman Ave., Hamil-
ton, ON**

—details SEE PAGE 3

Artists:

Thank you to all the artists who made our art show, *Truly.Madly.Deeply.*, a success.

Please pick up your artwork if you have not done so already. Call Frances at 905-545-2525 to arrange pick up.

We hope to run a show again for the coming year, so start thinking about what you might like to include in a future show.

Art groups at MHRC run Mondays @ 1 pm and you are welcome to bring your own work during that time.

Inside this issue:

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| Annual General Meeting & Awards | 3 |
| Calendars | 4-6 |



Executive Director:

Frances V. Jewell

mhrced@bellnet.ca

People stop, look, and chat. What's going on? It's our garden. With the big old tree removed due to rot the garden has plenty of sun this year. Tomatoes, basil, beets, squash, romaine and beans flourish. And so does our community. Members have been active in planning, amending the soil, digging and planting. Soon there will be vegetables. For me it's a thrill to see things grow. I like that members

are directing, active in the process and are working together forging friendships and relationships, working things out. Neighbours ask what's growing and how they can help out. The garden gives me a reason to push myself away from the desk and hang out, talk, water, look and think about my own recovery. The healing properties of doing something with my hands and the way it connects my heart to my mind helps me in the same way drawing

and writing does. It reminds me I don't do this kind of thing nearly enough. Placing value and priority on activities such as these are good for the soul.

In the past few weeks we have been enjoying the *vegetables* of our labour: tasty beets, romaine, yellow cherry tomatoes, pearl onions are being enjoyed in salads. I will try to remember their sweet flavours when winter comes around.

Barb, Denis, Karijn, Jeremy and his mom, Karen, Jo, Robbie, Lewis, Jaime and diabetes nurse Terry Booth and others have been instrumental in making the garden grow. Thank you!

Look at our garden grow!



Notice of Annual General Meeting

POWER/SCOPE Awards

Tuesday, September 23, 2014

35 Aikman Ave., Hamilton, ON

4:30 p.m. to 7:00 p.m.

4:30 pm—Zumba with Pam Worman

5 pm — Speaker, Hamilton Roundtable for
Poverty Reduction Speakers' Bureau

5:30 pm—Awards Presentations

6 pm — Dinner

6:30 - 7 pm — AGM

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

**Power Award—Cont'd
from pg 1**

The deadline for nominations is September 12th, 2014, 4pm

Nominations are to be submitted to the Executive Director of MHRC in the form a letter 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.



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,

20 Emerald St S. or on the website at

www.mentalhealthrights.ca

or email mhrcprograms@bellnet.ca

Nominations close September 12, 2014. SCOPE awards will be presented at the Annual General Meeting, September 23, 2014

The Rights Stuff

Published quarterly

by Mental Health Rights Coalition

Editorial Policy

The Rights Stuff is published every three months by Mental Health Rights Coalition. Our purpose is to inform our membership and partners in mental health and the community about issues and events which may be of interest. Included is a calendar of MHRC events for the upcoming months.

The Rights Stuff is available to our members via mail and to others as requested via email and on our web site at: www.mentalhealthrights.ca

The Rights Stuff welcomes submissions & letters of 250 words or less. Be advised that MHRC reserves the right to edit and/or decline publication of any submissions.

Deadline for submissions is the 15th of the month previous to publication.


Printing dates are March 1, June 1,
September 1, and December 1.

*Views and opinions expressed in this newsletter represent those of individual contributors, and not necessarily of
The
Mental Health Rights Coalition.*



















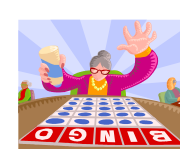





September 2014



| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat | |
|-----|---|---|--|---|---|-----|--|
| | 1 | 2 | 3 | 4 | 5 | 6 | |
| | Labour Day  | Air Hockey  | Rail trail walk  Computer Training 12-3 | Current Events  Computer Training 12-2 | Bingo  | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| | Art  | Healthy Living  Computer Training 12-3 | Skip-bo  | Karaoke  Computer Training 12-2 | Knitting  | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| | Art  | Board Games  | Movie  Computer Training 12-3 | Members Meeting  Computer Training 12-2 | Healthy Living  Wii Fit | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| | Art  | Euchre Annual General Meeting 4:30-7 pm see p. 3 | Poetry Group & Open Mic  Computer Training 12-3 | Dictionary Game  Computer Training 12-2 | Karaoke Birthday Party  | | |
| 28 | 29 | 30 | <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> <p>MENTAL HEALTH RIGHTS COALITION</p>  | | | | |
| | Art  | Apples to Apples  | | | | | |

October 2014


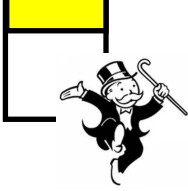












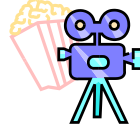






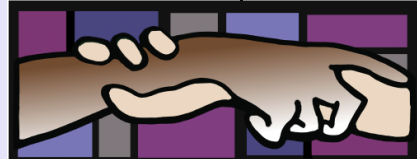
| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|-----|---|---|--|--|--|-----|
| | | <p>Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p> | 1 | 2 | 3 | 4 |
| | | | <p>Current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





November 2014



| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--|---|---|---|--|--|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | Current events  Computer training 12-2 | Monopoly Deal  | Members' meeting  Apples to Apples Game  | Crazy Eights  Computer Training 11-2 | Karaoke  | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | Art  Computer training 12-2 | Healthy Living  | Coffee Walk  | Air Hockey  Computer Training 11-2 | Scrabble  | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | Art  Computer training 12-2 | Hearts—Cards  | Board Games  | Movie & Manicure  Computer Training 11-2 | Healthy Living  | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | Art  Computer training 12-2 | Euchre  | Birthday & Karaoke  | Bingo  Computer Training 11-2 | Dominoes & Backgammon  | |
| 30 | | <p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather.</p> <p>Please wear appropriate shoes and clothing.</p> <p>MENTAL HEALTH RIGHTS COALITION</p>  | | | | |
| 31 | | | | | | |
| <p>Mental Health Rights Coalition, 20 Emerald St S, Hamilton ON, L8N 2V2 Phone 905-545-2525 fax 905-545-0211 www.mentalhealthrights.ca</p> | | | | | | |