



# April 2009

## The Rights Stuff

Mental Health Rights Coalition

*Our Mission: To encourage, enable and empower the voice and participation of consumers in the mental health system in Hamilton.*

**Drop In and  
Peer Support**

**Hours:**

11a.m- 4p.m,  
Mon - Fri

### Rights Stuff being printed less often

*The Rights Stuff is reducing the frequency of it's publication by printing every other month beginning in May of 2009. A saving of about \$600 each year will be accomplished with this reduction in mailing costs. It will also save some printing and staffing costs.*

*The calendar will be prepared at regular member meetings and sent out with the newsletter. It will also be available on line. Those who receive the newsletter via email will receive a reminder to look for the calendar each month.*

*Those seeking current or previous copies of the newsletter or wanting to view the calendar please visit the web site at [www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)*

If you prefer to receive an email copy of this newsletter please notify the editor. [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)

## Moving March 31

MHRC staff hope we can welcome all our current regular visitors and many new visitors at our new location beginning April 1, 2009.

Services will be limited to the telephone on March 31 (that is if the phones are working).

The new location is not too far up Main Street and located at the corner of Emerald and Main just across from

the St. Charles School.

If any of our members have difficulty getting to our new location they should contact us and staff will try to find some way to assist you in visiting.

The staff and volunteers will be terribly busy for the next few days so ask your patience if we don't respond to phone calls and emails immediately.

## Membership Renewals Due in April

Mental Health Rights Coalition is accountable to it's funder, the Ministry of Health and Long Term Care for many statistics and each year has to give an account of the number of individuals who are served.

The names and other information about our membership are completely confidential and do not leave the MHRC offices but we do have to give an accurate count of the people who use the services.

To help with this task we ask that members complete a membership form each year. Recently we have begun a new system where members give permission for us to contact them over the phone or via email to renew memberships.

If you want to renew your membership please come and visit us in our new location or contact by phone. You may also renew on line by contacting the program manager at [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)















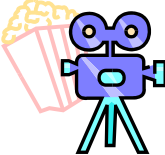









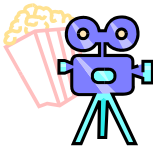
**MENTAL  
HEALTH  
RIGHTS  
COALITION**

Mental Health Rights Coalition—370 Main St. E., Suite 101  
Hamilton, ON L8N1J6  
Phone: 905-545-2525 Facsimile: 905-545-0211  
Email: [mentalhealthrights@bellnet.ca](mailto:mentalhealthrights@bellnet.ca)

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encourage, enable, and  
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consumer/survivors in the  
mental health system*

# Mental Health Rights Coalition

# April 2009

0Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Calendar Activities begin at 1 p.m. unless otherwise stated.		 <b>MENTAL HEALTH RIGHTS COALITION</b>	We are moved to new location—come and visit.  PS Training	Karaoke  Computer Training	Play in the Park 	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	Coffee Walk  1—4 Peer to Peer Training	Easter Craft 	Karaoke  PS Training	Air Hockey  Computer Training	Good Friday	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Easter 	Easter Monday Closed	Karaoke 	Member's Meeting  Current Events	Chess & Checkers  Computer Training	Movie 	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	Karaoke  1—4 Peer to Peer Training	Cribbage 	1 April Birthday Party  1:15 Romoli 	Skip Bo  Computer Training	Karaoke 	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
	Crazy 8 Countdown 	Pictionary 	Yatzee  PS Training	Movie  Computer Training	370 Main Street East, Hamilton, ON L8M 1K2 Phone 905-545-2525 Email: <a href="mailto:mentalhealth-rights@bellnet.ca">mentalhealth-rights@bellnet.ca</a>	