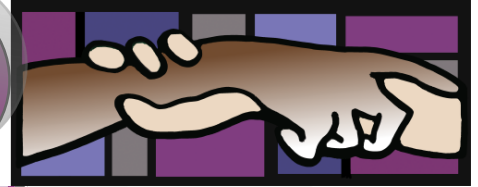


The Rights Stuff Fall 2016



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

Sept • Oct • Nov • 2016

Peer Support Training

We are currently interviewing for peer support training classes that begin September 28th and 29th.

Please contact us immediately if you would like to be considered for this training. Additional applications will be held in queue in the order received for the next training.

There is a cost associated with training. You may be able to receive assistance if you are a recipient of employment supports.

MHRC proudly offers peer support training that aligns with the knowledge standards of Peer Support Accreditation and Certification Canada. You receive a certificate for completing training with MHRC, however PSACC certification is an independent process.

Please contact us with your interest or questions.

mhrcprograms@bellnet.ca

Hush.
Hush

See page 2

AGM

Please register in advance of our Annual General Meeting & Award Presentations

Tuesday, September 27, 2016

4:00-6:30 pm

**35 Aikman Ave.,
Hamilton, ON**

—details SEE PAGE 5

Open Studio

A three year community project, Sightlines will increase access to art based learning opportunities for persons with lived experience of mental illness or addiction.

Join an on-site mentor Mondays starting August 29 3:30-5:30 pm

Contact Becky Katz for info or to sign up.

See full details on page 4.



Inside this issue:

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Hush.



A preliminary call for art on the theme of suicide.

[A sudden, calm silence]

Although public awareness campaigns attempt to address the stigma around suicide, it largely remains a topic that is taboo. The exhibit will address the “hush” associated with suicide.

[To keep from public knowledge; suppress mention of.]

Mental Health Rights Coalition and You Me Gallery invite all visual artists to help explore this topic from all perspectives. Paintings, drawings, prints, photographs and sculpture will be exhibited as Mental Health Rights Coalition’s main project for Mental Health Awareness Month, May 2017.

[To make silent , or quiet]

Interested? For more information, please contact
Frances Jewell mhrccd@bellnet.ca 905-545-2525

[To mollify; appease; diminish]

This is only a preliminary notification. Please do not send your artwork now. Please check next newsletter and email notification for more information and official call.

Summer Student Reflections

Vincent worked with us as a summer student from June-August. Here he reflects on his time at MHRC and how it has impacted his future.

During my two months working as a summer student for Mental Health Rights Coalition I have learned a lot about how to work in an environment that strives to improve the mental health of its members. Every single staff member here have been hard-working, unique individuals who have all taught me important lessons I will always remember. It has been a very proud time for me to work at a place that serves to comfort and heal people, though this place is for much more than healing. The longer I worked here the more I began to realize that this place is very much a part of many people's lifestyles. Someone might go for coffee at 2PM and then come here at 3pm every day of the week, and I really think that's great. Nobody is obligated to come unless they really want to. This is because of the drop-in structure. Everyone who is here wants to be here because they chose to drop in that day, as opposed to scheduling a meeting a week prior. This environment has allowed me to more easily connect with people because they are coming here unobligated. Everyone is more open to meeting others and sharing their thoughts and feelings. Having everyone so open to sharing information has let me grow exponentially as a worker in the mental health field. I will take this experience with me to my next round of education at McMaster University where I will be obtaining my Addictions Education Diploma. For the rest of my personal and professional life I will remember MHRC as a critical starting point where I began to understand that my skills are valuable in the mental health field. My experience at MHRC has relieved any doubt that I belong in this field and I am extremely grateful for that. So, to everyone at MHRC, I sincerely thank you for this experience from the bottom of my heart. I will surely continue to see you all at MHRC or even on the lively streets of Hamilton. *Vincent Tarrauto*

**A big thank you to both summer students,
Joscelyn and Vincent.**

With thanks to the Government of Canada Summer Student Grant

Canada 

SITELINES

Community Arts Project

NO COST!

Free Programming for Adults with Lived Experience of Mental Health

Sitelines is a three-year long Community Arts project that increases access to arts-based learning opportunities and compelling artistic cultural experiences for individuals with lived experience of mental health and/or addiction, through instruction and open studio times--helping to reduce barriers to art creation and production.



painting by Boris Lopez, 2010

OPEN STUDIO

DRAWING, PAINTING, SCULPTURE, PRINTMAKING,
MATERIALS SUPPLIED! EXPERIMENTALISM ENCOURAGED!
ON-SITE TECHNICIAN/MENTOR

EVERY MONDAY 3:30-5:30pm beginning August 29, 2016.

all workshops taking place at:

**Art Forms Art Studio:
126 James Street North**

**For more info or to sign up, contact Becky Katz
communityarts@centre3.com
905-524-5084**

centre[3]
for print and media arts

Ontario Trillium Foundation
Fondation Trillium de l'Ontario

An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.

MENTAL HEALTH RIGHTS COALITION



Notice of Annual General Meeting

POWER/SCOPE Awards

Tuesday, September 27, 2016

35 Aikman Ave., Hamilton, ON

4 p.m. to 6:30 p.m.

4 pm Entertainment/Speaker

5 pm AGM

5:30 pm Dinner

6 pm – Awards

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

Please register your spot for dinner

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,

103-100 Main St E. or on the website at

www.mentalhealthrights.ca

or email mhrcprograms@bellnet.ca

Nominations close September 9, 2016

SCOPE awards will be presented at the Annual General Meeting, September 27, 2016

Power Award

The deadline for nominations is September 9 th, 2016, 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.



Skills for Safer Living

A 20 week educational peer group to reduce risk factors for suicide-related behaviours

Sept 26-March 6

Mondays 10-11:30

Participant Criteria

- ☐ Stable housing
- ☐ Age 18 and older
- ☐ One or more suicide attempts
- ☐ Ongoing community mental health support
- ☐ Reliable transportation to attend group

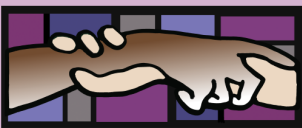






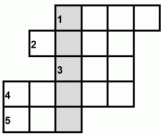
















To register and for more information contact

Good Shepherd Barrett Centre 905-529-4343 x2339
























September 2016



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Calendar Activities begin at 1 p.m. MENTAL HEALTH RIGHTS COALITION unless otherwise stated.  Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.			1	2	3
				Current Events  Women's healing circle 2:30	Bingo 	
4	5	6	7	8	9	10
	Labour Day 	Karaoke 	Movie 	Skip-bo  Women's healing circle 2:30	Word search, cross-word, number games and puzzles 	
11	12	13	14	15	16	17
	Art & Crafts 	Board Games 	Improv 	Healthy living  Women's healing circle 2:30	Air hockey 	
18	19	20	21	22	23	24
	Art & Crafts 	Cards 	Members Meeting  Birthday Party 	Dictionary Game  Women's healing circle 2:30	Karaoke 	
25	26	27	28	29	30	
	Art & Crafts 	Apples to Apples  Annual General Meeting 4-6:30 pm see p. 5	Creative writing 	Rail trail walk  Women's healing circle 2:30	Euchre 	














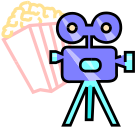








October 2016

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3	4	5	6	7	8
	Arts & Crafts 	Euchre 	Monopoly 	Current Events  Women's healing circle 2:30	Jigsaw puzzle 	
9	10	11	12	13	14	15
	Thanksgiving Closed	Board Games 	Improv 	Apples to Apples Game  Women's healing circle 2:30	Cards 	
16	17	18	19	20	21	22
	Art & Crafts 	Karaoke 	Members meeting birthday 	Air Hockey  Women's healing circle 2:30	Healthy Living 	
23	24	25	26	27	28	29
	Art & Crafts 	Bingo 	Creative writing and open mic 	Crazy Eights  Women's healing circle 2:30	Skip-bo 	
30	31					
	Halloween Party 	MENTAL HEALTH RIGHTS COALITION 		<div>Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</div>		
Mental Health Rights Coalition, 103-100 Main St E, Hamilton ON, L8N 3W4 Phone 905-545-2525 fax 905-545-0211 www.mentalhealthrights.ca						



November 2016



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
	MENTAL HEALTH RIGHTS COALITION 	Current events 	Apples to Apples Game 	Crazy Eights  Women's healing circle 2:30	Karaoke 	
6	7	8	9	10	11	12
	Arts & Crafts 	Monopoly 	Improv 	Board Games  Women's healing circle 2:30	Dominoes & Backgammon 	
13	14	15	16	17	18	19
	Arts & Crafts 	Hearts—Cards 	Birthday & Members' meeting 	Movie & Manicure  Women's healing circle 2:30	Healthy Living 	
20	21	22	23	24	25	26
	Arts & Crafts 	Scrabble 	Creative writing 	Bingo  Women's healing circle 2:30	Air Hockey 	
27	28	29	30	Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.		
	Arts & Crafts 	Euchre 	Coffee Walk 