

THE RIGHTS STUFF

Spring 2020

March-May 2020

Overdose Prevention

Hamilton 's first overdose prevention site opened in June 2018. <http://www.hucchc.com/ops-cts.html> It has also secured a permanent safe consumption site, the location of which should be announced in March. <https://globalnews.ca/news/6265830/permanent-safe-injection-site-hamilton/>

The newest approach in the fight is the Overdose Prevention Line, staffed by trained peer volunteers who will sit on the while someone uses drugs to make sure they stay responsive. <https://www.thespec.com/news-story/9813651-new-hotline-for-opioid-users-aimed-at-reducing-overdose-deaths/>

Call 1-888-853-8542

What's Happening, Hamilton?

Art Gallery of Hamilton

Free Every First Friday of the Month
Free Admission 11:00 am – 8:00 pm
Free Tours at 6:00 pm

Hamilton Public Library

Did you know you can see free movies, join writers circles, learn about computers, learn another language, use a 3D printer and more?



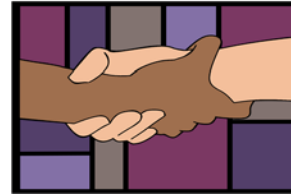
Save the date:
MHRC Annual General Meeting
Tuesday, June 16, 2020.
4 pm. Details to follow

In This Issue

- Overdose Prevention
- AGM
- Hamilton Events and Activities
- Calendar

March 2020

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 Euchre Tournament Men's Group	3 Healthy Living	4 Crafts with Kimiko	5 Bingo Open Peer Group	6 20 Questions Women's Group	7
8	9 Euchre Tournament Men's Group	10 Movie	11 Walk about	12 Karaoke Open Peer Group	13 Crazy Eights Women's Group	14
15	16 Euchre Tournament Men's Group	17 Skip Bo	18 Crafts with Kimiko	19 Current Events Open Peer Group	20 Monopoly Women's Group	21
22	23 Euchre Tournament Men's Group	24 Karaoke	25 Birthday Party Members' Meeting	26 Creative Writing Open Peer Group	27 Walk about Women's Group	28
29	30 Euchre Tournament Men's Group	31 Jenga				



Join us for our Euchre tournament every Monday in March. Attend as many days as you can to win the most points!

Is there a part of the downtown that you really enjoy? Feel free to suggest a route for our walk about.

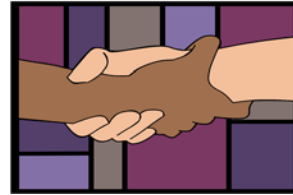


Join us for Men's Group on Mondays at 2:30 pm; Women's group Friday at 2:30 pm and Open Peer Group Thursday 2:30 pm

Activities begin at 1 pm unless otherwise noted.

April 2020

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Movies	2 Cards Open Peer Group	3 Hamilton Trivia Women's Group	4
5	6 Improv Men's Group	7 Karaoke	8 Easter Craft	9 Walk About Open Peer Group	10 Good Friday	11
12	13 Easter Monday	14 Games	15 Euchre/Cribbage	16 Healthy Living Open Peer Group	17 Jenga Women's Group	18
19	20 Bingo Men's Group	21 Walk About	22 Crafts with Kimiko	23 Birthday Party Members' Meeting	24 Karaoke Women's Group	25
26	27 Walk About Men's Group	28 Crazy Eights	29 Current Events	30 Dictionary Game Open Peer Group		

Join us for
Open Peer
Support Group
Thursday at 2:30 pm

Join us for
Men's Group
on Monday at 2:30
pm

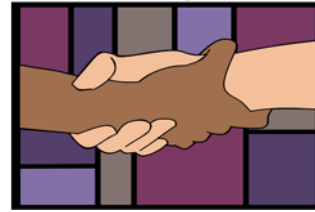
Join us for
Women's
group Friday at 2:30
pm

Closed for
Easter on Good
Friday and Easter
Monday

Activities begin at 1
pm unless otherwise
noted.

May 2020

Mental Health Rights Coalition



100 Main St E Suite 103 Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 Walk About Women's Group	2
3	4	5	6	7	8	9
Mental Health Week. Activities to be Announced						
10	11 Improv Men's Group	12 Air Hockey	13 Crafts with Kimiko	14 Creative Writing Open Peer Group	15 Skip-bo Women's Group	16
17	18 Create with clay Men's Group	19 Walk about	20 Euchre	21 Dictionary Game Open Peer Group	22 Chess & Checkers Women's group	23
24	25 Karaoke Men's Group	26 Birthday party & Member's meeting	27 Crafts with Kimiko	28 Crazy Eights Open Peer Group	29 Scrabble Women's Group	30
31						



Men's group meets every Monday at 2:30 pm



Women's group meets every Friday at 2:30 pm



Open Peer Support Group is held Thursday at 2:30 pm

Join us for our in-house and community partners Mental Health Week activities.

Our Mental Health Week Activities will be available in our office and on Facebook by April.



All activities begin at 1 pm unless noted.