



# The Rights Stuff

## MHRC UPDATES

The MHRC continues to grow and our membership continues to get bigger every day. We are so grateful for our staff and members who keep us up and running! Our members continue to work hard around the centre to help us keep things clean, tidy and organized. Some new members have really taken initiative around the centre by helping us with the garbage's and bathrooms, without us even asking!

The help of our volunteers continues to make a huge difference at the MHRC, providing members and staff with much needed support during our busy days.

These past months we've celebrated New Years together, birthdays and Valentines day together!

As you can see, we have kept up with our member's contributions pages in the newsletter. This is a great way to show the many talents of our members! If you would like to contribute to the next newsletter (Apr-Jun) please email Kayla at [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca) for more information!

## What's Happening in Hamilton?

**Solar Eclipse viewing- Tim  
Hortons Field April 8th 2-4:30**

**Hamilton Career Fair: Apr 30th  
@10am**

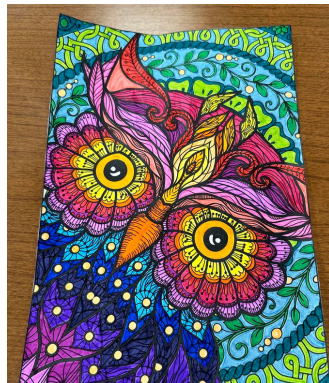
## Services Spotlight:

### CMHA Hamilton

Provides recovery focused programs and services for people of all ages

**Call: 905-521-0090**

**Crisis? Call: 905-972-8338**





## Member Contributions

### So Many Memories

So many memories of a distant past,  
Of times gone by that did not last!  
If only I knew then, what I know now,  
Things today would be different somehow!

Of all the friends that I once knew,  
Enhance my thoughts, more than a few!  
But now they have disappeared out of view,  
And where they are now, I haven't got a clue!

I often think of times gone by,  
That sometimes bring a tear to the eye!  
Many that I knew have gone to their rest,  
All that once lived and did their best!

We were so young, happy and free,  
And were so unaware of things yet to be!  
With lots of friends we saw each day,  
Ones that are no longer here today!

The future back then, hidden from our sight,  
Only now that is brought to the light!  
So many memories, stored in my mind,  
Has now freed me, from this present bind!

The End!

By: Melvin Cormier

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### New Years Day

New Years Day is here again, for one and all to see,  
Another year if we should fall. A year filled with glee!  
As we look back at the year behind, we'll look forward to the next,  
In hopes to renew times gone by. The things we need to fix!

There may have been some sorrows. There may have been some  
tears,  
But this can be expected, as we pass throughout the years!  
There were dreams that were shattered! Others that came true,  
And there were tears of joy, for those who made it through!

We dare look at the year ahead with an optimistic mind,  
And the year we left behind, we have placed it in a bind!  
The year that awaits us all, in time will come to unfold,  
With friends and loved ones beside us, to love and to hold!

We know that only the year ahead can bring us what we deserve,  
And we pray to God above, that good things will be preserved!  
But we must hope for the best, 'cause the year will pass us by,  
And we must remain positive for the new year that draws nigh!

The year that's passed us by, with memories we hold dear,  
Will keep us close together, from a past no longer here!  
But what will be will be, in the year that lies ahead,  
And we will embrace each single day, with love in the words that  
are said!

The End

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By: Melvin Cormier



**Mental Health  
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## APRIL 2024

MON	TUE	WED	THU	FRI	SAT	SUN
1 	2 Pancake Day 	3 Board Games 	4 Colouring 	5 Yahtzee 	6	7
8 	9 Painting 	10 Board Games 	11 Colouring 	12 Yahtzee 	13	14
15 Family Feud 	16 Craft 	17 Board Games 	18 Colouring 	19 Yahtzee 	20	21
22 Karaoke 	23 Painting 	24 Board Games 	25 Birthday Celebration 	26 Yahtzee 	27	28
29 	30 Movie 					



Open Peer Support  
Group @2:30



Member Meeting  
@2:30

All activities start at 1:00pm unless otherwise stated.





**Mental Health  
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# MAY 2024

MON	TUE	WED	THU	FRI	SAT	SUN
		1 	2 Karaoke 	3 Yahtzee 	4	5
6 Craft 	7 Colouring 	8 Board Games 	9 Poetry 	10 UNO 	11	12
13 Painting 	14 Colouring 	15 Board Games 	16 Family Feud 	17 Yahtzee 	18	19
20 	21 Colouring 	22 Movie 	23 Karaoke 	24 UNO 	25	26
27 Craft 	28 Bracelets 	29 Board Games 	30 Birthday Celebration 	31 Yahtzee 		

  
Open Peer Support  
Group @2:30

  
Member Meeting  
@2:30

All activities start at 1:00pm unless otherwise stated.



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## JUNE 2024

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3 Painting 	4 Board Games 	5 Colouring 	6 BINGO 	7 Yahtzee 	8	9
10 Craft 	11 Board Games 	12 Colouring 	13 Karaoke 	14 Yahtzee 	15	16
17 Painting 	18 Board Games 	19 Colouring 	20 Poetry 	21 Yahtzee 	22	23
24 Craft 	25 Board Games 	26 Movie 	27 Birthday Celebration 	28 Yahtzee 	29	30



Open Peer Support  
Group @ 2:30



Member Meeting  
@2:30

All activities start at 1:00pm unless otherwise stated.