



# The Rights Stuff

## Spring 2015

**MENTAL HEALTH RIGHTS COALITION**



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

**March • April • May 2015**

## Valentine's Dance a smashing success!

Our winter dance is always a hit, but it seemed this year was quite festive and fun. We enjoyed dancing and listening to music, and wonderful food with our friends from Good Shepherd Homes and Steps to Health.

Good Shepherd Square provided a lovely venue. Thank you to Good Shepherd for the lovely food.

There was a perfect balance of healthy snacks while the cupcake decorating station provided a sweet treat.

The valentine-making station and photo booth were particularly successful. Photos have been printed for participants and are available from MHRC and Good Shepherd.

DJ Brandon had us dancing up a storm. He'll also be joining us for karaoke. Thanks everyone for coming out and making our event a great time!

See p. 4 for pictures



## Computer training

Computer training continues on Tuesday and Thursdays this spring. Drop in and learn Word, PowerPoint, Google searches, email, social media or a topic of your choosing.

Computers are also available for your use in the drop-in on a daily basis.

Do you have a topic you would like to see? Any questions? You can email Amanda at [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)

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

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## Executive Director:

**Frances V. Jewell**

[mhrced@bellnet.ca](mailto:mhrced@bellnet.ca)

It's not your imagination. The temperature has not been above freezing for the entire month of February. The last time we experienced a February where the mercury didn't go above freezing was 1978. While we tough-out another cold winter, thoughts are turning to spring. The Toronto Blue Jays have been reminding people spring training is just around the corner and people have been asking about the garden out front. When will we plant, what will we plant and what can we learn from last year's garden? Amanda and I have made a connection with a person by the name of Miguel

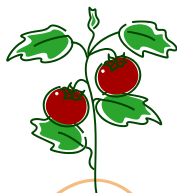
who does organic gardening in people's gardens around the city. Miguel is interested in showing us how to grow organic food. In return we would share the harvest. Sounds like a win-win collaboration. Terry Booth, Steps to Health Diabetes Nurse came by February 20th to make a carrot coconut soup with members. It was hot, spicy and delicious. The giant pot of soup was gone by day's end as people helped themselves to seconds, thirds and fourths! We hope Terry will bring another great recipe for us to make next month.

We're in the process of planning our Truly. Madly. Deeply. art exhibition for May. Bryce Kanbara of You Me Gallery has agreed to provide space. The goal is to keep it fresh, exciting and of course open to all with lived experience. How do we keep it fresh and exciting? What did we do well? What needs to change? How do we reach out to others with lived experience of mental illness? Last year our goal was to show at least one piece from each person. We were able to do that. The Spectator gave the exhibition extensive coverage with a full page featuring three artists but there is no guarantee of media coverage. So, tell us how we can make Truly. Madly. Deeply. better and we will. Please see the registration form and information p. 5-6 of this newsletter.

## Garden Group

It's time to start thinking about our garden again! We had a good first year last year and we are excited to get gardening this year. We have an even bigger and better garden planned this year. We will be working with a local farmer to learn more about growing our own food. Come on out and help decide what we will plant and eat.

We will need people to join us daily for watering once the garden is planted. If you are looking for a way to volunteer with us, this could be your opportunity! No green thumb required; plenty of people will be able to help you learn about gardening!



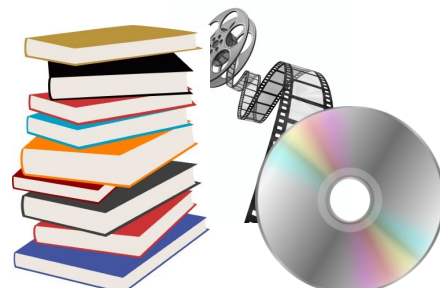
## Guitar workshop

Thanks to a generous donation, MHRC now has the use of 2 guitars. A guitar workshop and jam group will be held with Joscelyn once a month. Easy songs will be provided that you can learn together. You are welcome to bring your own music as well. Please bring in your instruments if you have them. You are also welcome to start a guitar jam at other times when it is not on the schedule. Just ask a peer support worker!



## Book/Media Swap

Back by popular demand! MHRC is happy to announce the return of our book and media swap. Please bring your books, cds and movies in good condition until March 27. You will be able to then participate in the swap on Tuesday, March 31 at 1 pm. At that time all collected books and media will be put out and individuals will take turns choosing new items to take home.







\$3.99

# MHRC Inquirer

## Rumour has it:

## [FALSE]

## Amanda is leaving Mental Health Rights Coalition

Joan Jane—Staff Reporter

Amanda Carey has reportedly resigned from Mental Health Rights Coalition in order to finish her studies and begin her practical work associated with this schoolwork. Sources tell *Inquirer* that this report is false. Amanda has been reached for comment and has shared the following, “I was intending to leave Mental Health Rights Coalition for school, but I have been able to manage my school, work and practicum schedules.” She recommended that readers

should all be mindful of their self-care and stress and be sure that you can balance your responsibilities with your own needs before deciding to undertake graduate studies while also working. This same advice applies to any responsibilities in your life. Ten self-care strategies can be found at [http://stress.about.com/od/lowstresslifestyle/tp/self\\_care.htm](http://stress.about.com/od/lowstresslifestyle/tp/self_care.htm)

Friends and coworkers were approached regarding the rumour and Amanda’s decision to stay at MHRC.

Chrissy Hawkins, board chair, is quoted as saying, “I’m glad you’re staying, I don’t know what we’d do without you.” Others weren’t so positive. Sally, who gave Amanda a going away gift was heard saying, “So, are you going to give me back that gift?” and others were joking around saying, “So, we have to put up with you a little longer? Oh no!”

Amanda is available for comment at Mental Health Rights Coalition and [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)



# Valentine's Dance

The Valentine's Day dance was a huge success. Many people enjoyed the photo "booth" (wall).  
Come see us for more photos!



# Call for Art

MENTAL HEALTH RIGHTS COALITION



Mental Health Rights Coalition is seeking submissions of original art from persons with lived experience of mental illness and/or addiction to be displayed in our second annual art show during the month of May honouring National Mental Health Week. This is a wonderful opportunity for us to open an important conversation about the language around mental health and addictions. Artists will also be invited to participate in artist talks.

Do you have artwork that challenges and informs views of mental illness and addiction? Language is a powerful tool that can generate stigma and controversy; heal and inform; and provides meaning and context to our experience. Start a conversation.

Art can be of any form, such as painting, drawing, mixed media, sculpture and photography. However there will be limited space for sculptural or installation pieces.

This is a non-juried exhibition. Pieces are not selected on merit and it is our intention that one to two pieces will be exhibited from each interested artist.

Art must be created by a person with lived experience of mental illness and/or addiction and related to our discussion of the language of mental illness and addiction.

Art will be shown at *You Me Gallery* and artists will be invited to attend the gallery throughout the Sundays in May to discuss their work.

Please submit your registration form (next page) by **March 27, 2015** to

**Mental Health Rights Coalition**

**20 Emerald St South**

**Hamilton ON L8N 2V2**

**[mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)**

Contact: Frances Jewell or Amanda Carey

For questions, please call Frances Jewell or Amanda Carey at 905-545-2525

***Please do not submit any artwork at this time.***

## 2<sup>nd</sup> Annual MHRC Mental Health Week Art Show

### Registration For Art show

*Do not send original art at this time. Please attach a photo labelled with your name and title of your piece.*

Name			
Address			
City		Postal Code	
Phone number			
Alternate phone number			
Email address			
Name of piece			
Availability for gallery sitting May 3, 10, 24, 31			
How does the piece inform the conversation on the language mental illness/addiction?			

**Please return this form to**

[mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)

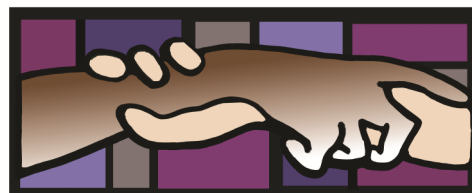
Mental Health Rights Coalition

20 Emerald St S

Hamilton ON L8N 2V2

Fax 905-545-0211

**MENTAL HEALTH RIGHTS COALITION**





# Volunteer Training & Employment

Mental Health Rights Coalition is proud to present Liz Voogjarv a vocational counsellor with the Schizophrenia and Community Integration Service of St. Joseph's Healthcare Hamilton, West 5th Campus.

Liz will be joining us once a month for the next 3 months to talk about volunteering, education and training, and paid employment for people with mental illnesses.

Please let Amanda know your questions on these topics so Liz can address them when she visits.

Mar 27 1 pm—volunteering

Apr 24 1 pm—education and training

May 1st 1 pm—paid employment

# Thank you to our volunteers who work tirelessly!

April 12-19 marks National Volunteer Week. Please don't forget to say thank you to our volunteers who work hard every day to make MHRC awesome!

## Seeking Donations



Donations of yarn for scarves and blankets is requested.

MHRC also strive to make available toiletries like shampoo, conditioner, creams, soaps, tooth brushes. For many of our members these are luxury items. Donations of sample and full size items are much appreciated.










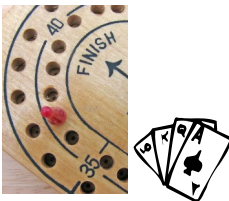








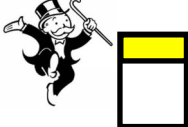






Donations of fresh fruit would also offer a welcome and healthy treat for those who frequent MHRC.

Contact us at MHRC

905-545-2525















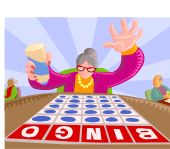









# March 2015

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	<b>Art &amp; Crafts</b> 	<b>Air hockey</b>  <b>Computer training 12-3</b>	<b>Guitar group</b> 	<b>Current Events</b>  <b>Computer training 1-3</b>	<b>Apples to Apples Game</b> 	
8	9	10	11	12	13	14
	<b>Knitting &amp; crochet</b> 	<b>Healthy Living</b>  <b>Computer training 12-3</b>	<b>Cribbage &amp; Cards</b> 	<b>Dictionary game</b>  <b>Computer training 1-3</b>	<b>Karaoke</b> 	
15	16	17	18	19	20	21
	<b>Art &amp; Crafts</b> 	<b>Hearts - Cards</b> <b>St. Patrick's Day</b>  <b>Computer training 12-3</b>	<b>Creative writing</b> 	<b>Skip-bo</b>  <b>Computer training 1-3</b>	<b>Healthy Living</b> 	
22	23	24	25	26	27	28
	<b>Members Meeting</b> <b>Birthday Party</b> 	<b>Monopoly deal</b>  <b>Computer training 12-3</b>	<b>Baking Cookies</b> 	<b>Karaoke</b>  <b>Computer training 1-3</b>	<b>Speaker Volunteering</b> 	
29	30	31				
	<b>Art &amp; Crafts</b> 	<b>Book &amp; Media swap</b>  <b>Computer training 12-3</b>	<p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p>			<b>MENTAL HEALTH RIGHTS COALITION</b> 












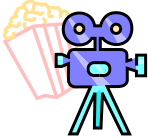









# April 2015

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
<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>			Guitar group 	Cards  Computer training 12-3	Good Friday  Closed	
5	6	7	8	9	10	11
	Happy Easter!  Closed	Healthy Living  Computer training 12-2	Coffee walk 	Apples to Apples Game  Computer training 12-3	Karaoke 	
12	13	14	15	16	17	18
	Art & crafts  <b>NATIONAL VOLUNTEER WEEK</b>	Neighbourhood walk Computer training 12-2	Creative writing 	Euchre  Computer training 12-3	Healthy living 	
19	20	21	22	23	24	25
	Knitting and crochet 	Birthday & Members' Meeting  Computer training 12-2	Bingo 	Karaoke  Computer training 12-3	Speaker  Education & Training	
26	27	28	29	30		
	Art & crafts 	Board games  Computer training 12-2	Air Hockey 	Current Events  Computer training 12-3	<b>MENTAL HEALTH RIGHTS COALITION</b> 	

Mental Health Rights Coalition, 20 Emerald St S, Hamilton ON, L8N 2V2 | Phone 905-545-2525 | fax 905-545-0211 | [www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)

# May 2015

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
<b>MENTAL HEALTH RIGHTS COALITION</b> 	Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.				<b>Speaker</b>  <b>Paid Employment</b>	
	3	4	5	6	7	8
	<b>MENTAL HEALTH WEEK</b>  Please stay tuned for our schedule of events available in April, including our second annual art show					9
10	11	12	13	14	15	16
 <b>Arts &amp; Crafts</b> 	<b>Crazy Eights</b>  <b>Computer training 12-3</b>	<b>Guitar group</b> 	<b>Karaoke</b>  <b>Computer training 12-2</b>	<b>Healthy Living—Garden</b> 		
17	18	19	20	21	22	23
<b>Victoria Day</b>  <b>Closed</b>	<b>Rail Trail Walk</b>  <b>Computer training 12-3</b>	<b>Movie and popcorn</b> 	<b>Bingo</b>  <b>Computer training 12-3</b>	<b>Air hockey &amp; Garden</b> 		
24	25	26	27	28	29	30
<b>Birthday Party</b> <b>Members' meeting</b> 	<b>Karaoke</b>  <b>Computer training 12-3</b>	<b>Creative writing</b> 	<b>Coffee walk</b>  <b>Computer training 12-3</b>	<b>Current events &amp; Garden</b> 		
31	Mental Health Rights Coalition, 20 Emerald St S, Hamilton ON, L8N 2V2   Phone 905-545-2525   fax 905-545-0211   <a href="http://www.mentalhealthrights.ca">www.mentalhealthrights.ca</a>					