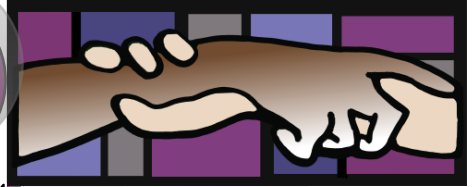


# The Rights Stuff Fall 2015



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

Sept • Oct • Nov • 2015

## Fall Computer Classes

Our Ontario Trillium Foundation-supported initiative is nearing its end. For our final season we will be offering structured sessions along with the one-on-one tutoring sessions you have been accustomed to so far. Please find the outline of the training schedule on page 2 of this newsletter. You do not need to attend all sessions, but please sign up if you would like to attend.

We are very grateful to have this

opportunity to increase the access that you, our members and community have to computers and computer training.

We have already seen an increase in the use of our computers and in the number of members and staff that are being trained.

Please let us know how computer training has impacted your life, skills and knowledge by completing a short

survey at MHRC or online at <https://www.surveymonkey.com/r/RVG3ZBW>

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



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

### Notice of AGM

**Annual General Meeting  
&  
SCOPE and POWER  
Award  
Presentations**  
**Monday, September 28,  
2015**  
**4:00-6:30 pm**  
**35 Aikman Ave.,  
Hamilton, ON**  
**—details SEE PAGE 5**

### Screen for Life

✓ Breast ✓ Cervical ✓ Colorectal

Screen for Life provides free screening for women age 21-74 and men 50-74.

FREE cancer screening with your health card. Find changes early. Results are sent to you and your doctor.

The bus will be at MHRC Sept 1 and months following

Call for you FREE appointment  
1-855-338-3131 or 905-975-4467

[www.hnhbscreenforlife.ca/schedule](http://www.hnhbscreenforlife.ca/schedule)

### Inside this issue:

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# Computer Training Schedule

Computer training sessions will begin at 12 pm. The schedule is below. You do not need to attend all sessions, however you should know how to use a keyboard and mouse and open and save programs and files for any of the following weeks. Please sign up by calling 905-545-2525 or coming in. If there is time following the lesson there will be opportunity for continued practice of the lesson or for open computer tutoring for topics of your choice, on a first come first served basis.

**Week one (Sept 1 and 3)** – Getting Started, learn how to use a keyboard, mouse, open programs, files-creating folders. Learn how to manage files and folders in Windows. Google search. Tips and tricks, search operators and fun with Google. Google drive and calendar.

**Week Two (Sept 8 and 10)** – Learn how to type and test your typing speed. Create an email address and compose an email, attach a file and organize your planner

**Week Three (Sept 15 and 17)** – Learn how to use word, create a resume, flyer, type up a song, story, poem etc. learn how to save, edit, spell check, headers, columns, tables and more. Search for templates in word and online.

**Week Four (Sept 22 and 24)** - Word II - Create a flyer using borders, pictures, fonts. Create a post card and print 4 per page.

**Week Five (Sept 29 and Oct 1)** - Learn how to use Excel. Add and delete cells/columns/rows. Format cells. Use simple formulas. Create a budget in Excel.

**Week Six (Oct 6 and 8)**– Learn how to use PowerPoint, make a slide show with headings, clipart, sound etc.

**Week Seven (Oct 13 and 15)** – Create a YouTube account, watch cool videos, subscribe to YouTube channels and create your own playlists

**Week Eight (Oct 20 and 22)** - Create a Facebook account, learn how to play Facebook games, ignore Facebook requests, change privacy settings, and create a profile – upload a picture, create a Facebook group etc.

**Week Nine (Oct 27 and 29)** – Create Instagram and Tumblr accounts. Learn how to use hashtags, how to search for users and hashtags.

**Week Ten (Nov 3 and 5)** - Create Pinterest and twitter accounts – learn how to create boards and add pictures, learn how to use hashtags, how to search for hashtags on twitter and the internet and how to find out what hashtags mean and analyze their popularity.

**Week Eleven (Nov 10 and 12)** - Basic photo editing. Crop, contrast, brightness, colour corrections and rotation.

For the remainder of November, computer training will be open format. Book your slot at MHRC for help with any of the above topics or the topic of your choice.



# Poetry Corner

## M.H.R.C

I got mental health issues, I am ill but can  
you tell

I speak my struggles through silent yells

In my head I hear addiction bells

Well, well

Time to hide in my shell

-

Yet the M.H.R.C helps me be me

Hopefully the public can see

Life's a slip and slide yet I say wee

The M.H.R.C Cares for me

It's part of my family

You can join with no fee

Grow stronger and wiser like an oak tree

I feel free

## Hamilton Addiction and Mental Health Collaborative

### PURPOSE

The purpose of the Hamilton Addiction and Mental Health Collaborative (HAMHC) is to identify and address needs in Hamilton mental health and addiction services to better serve the needs of people using services. The Housing working group is a subcommittee of HAMHC.



### HOUSING WORKING GROUP

The Housing Committee is a working group of the Hamilton Addiction and Mental Health Collaborative (HAMHC) that operated from 1999 until October 2005 as the Supported Housing

Coordination Network (SHCN). The Housing Committee is comprised of organizations and individuals committed to and advocating for improved access to affordable and supported housing for persons with serious mental illness and/or addictions in Hamilton. The committee works toward the development of a continuum of housing options that provide a range of recovery-oriented supports based on consumer needs and preferences.

### COMMITMENT

We are looking for family members and people with lived experience of mental illness and/or addiction who are able to commit up to a minimum of one year with the Housing Working Group. Honorariums will be provided for your time and valued contribution.

For complete details please come in to the office, email [mhrccd@bellnet.ca](mailto:mhrccd@bellnet.ca) or visit our website <http://www.mentalhealthrights.ca/HousingWG.doc> (note that Chrome browsers will download this by default).

# My Voice, My Say!



A Community Arts Project  
for persons with Lived Experience of  
Mental Health & Addiction

## SEEKING PARTICIPANTS!

**“My Voice, My Say!” is a community project which will link media artists with persons with lived experiences of mental health & addiction in a collaborative experience, creating a digital storytelling video and interactive exhibition.**

Learn more at My Voice My Say info sessions:

- 10am on Friday August 28th, 2015  
@ Centre[3] for Print and Media Arts  
173 James Street North, Hamilton
- 1pm on Thursday September 10th, 2015  
@ Mental Health Rights Coalition  
20 Emerald St South, Hamilton



**Refreshments & Bus Tickets Available!**

Apply to participate by contacting [education@centre.com](mailto:education@centre.com)

**centre[3]**  
for print and media arts



Canada Council  
for the Arts

Conseil des Arts  
du Canada

**MENTAL HEALTH**



**RIGHTS COALITION**

# Notice of Annual General Meeting

## POWER/SCOPE Awards

**Monday, September 28, 2015**

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

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

**4 pm Entertainment**

**5 pm Awards Presentations**

**5:30 pm Dinner**

**6 pm – AGM**

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**

## 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,

20 Emerald St S. or on the website at

[www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)

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

Nominations close September 11, 20145 SCOPE awards will be presented at the Annual General Meeting, September 28, 2015

### Power Award

The deadline for nominations is September 11 th, 2015, 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.



### The Rights Stuff

**Published quarterly**

**by Mental Health Rights Coalition**

#### Editorial Policy

The Rights Stuff is published every three months by Mental Health Rights Coalition. Our purpose is to inform our membership and partners in mental health and the community about issues and events which may be of interest. Included is a calendar of MHRC events for the upcoming months.

The Rights Stuff is available to our members via mail and to others as requested via email and on our web site at: [www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)

The Rights Stuff welcomes submissions & letters of 250 words or less. Be advised that MHRC reserves the right to edit and/or decline publication of any submissions.

Deadline for submissions is the 15th of the month previous to publication.

Printing dates are March 1, June 1,  
Sept 1 (published mid Aug) and December 1.










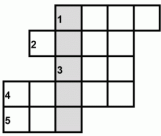








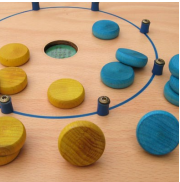




*Views and opinions expressed in this newsletter represent those of individual contributors, and not necessarily of The Mental Health Rights Coalition.*



























# September 2015




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








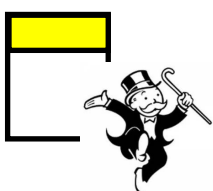





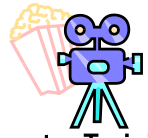




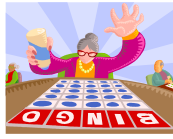



# October 2015

| Sun | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Sat |
|-----|--|---|---|--|--|-----|
|     |  | <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> |   | 1  | 2  | 3   |
|     |  |   |   | <p>Current Events</p>  <p>Computer training 12-3</p>        | <p>Euchre</p>             |     |
| 4   | 5  | 6   | 7   | 8  | 9  | 10  |
|     | <p>Art</p>                              | <p>Walk about</p>  <p>Computer Training 12-3</p>                                     | <p>Board Game</p>                  | <p>Apples to Apples Game</p>  <p>Computer training 12-3</p> | <p>Cards</p>              |     |
| 11  | 12   | 13  | 14  | 15   | 16   | 17  |
|     | <p>Thanksgiving</p> <p>Closed</p>  | <p>Skip-bo</p>  <p>Computer Training 12-3</p>                                      | <p>Karaoke</p>                   | <p>Air Hockey</p>  <p>Computer training 12-3</p>          | <p>Healthy Living</p>   |     |
| 18  | 19   | 20  | 21  | 22   | 23   | 24  |
|     | <p>Art</p>                            | <p>Bingo</p>  <p>Computer Training 12-3</p>  | <p>Members meeting birthday</p>  | <p>Crazy Eights</p>  <p>Computer training 12-3</p>         | <p>Karaoke</p>          |     |
| 25  | 26   | 27  | 28  | 29   | 30   | 31  |
|     | <p>Creative writing and open mic</p>  | <p>Monopoly</p>  <p>Computer Training 12-3</p>                                     | <p>Cribbage/Cards</p>            | <p>Pictionary</p>  <p>Computer training 12-3</p>           | <p>Halloween Party</p>  |     |



# November 2015



| Sun | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Sat |
|-----|--|--|---|--|---|-----|
| 1   | 2  | 3  | 4   | 5  | 6   | 7   |
|     | <b>Art</b><br>              | <b>Current events</b><br><br><b>Computer training 12-3</b>                          | <br><b>Apples to Apples Game</b>             | <b>Crazy Eights</b><br><br><b>Computer Training 12-3</b>           | <b>Karaoke</b><br>                         |     |
| 8   | 9  | 10   | 11  | 12   | 13  | 14  |
|     | <b>Creative writing</b><br> | <b>Healthy Living</b><br><br><b>Computer training 12-3</b>                          | <b>Monopoly Deal</b><br>                     | <b>Board Games</b><br><br><b>Computer Training 12-3</b>            | <b>Dominoes &amp; Backgammon</b><br>       |     |
| 15  | 16   | 17   | 18  | 19   | 20  | 21  |
|     | <b>Art</b><br>            | <b>Hearts—Cards</b><br><b>Computer training 12-3</b><br>                          | <b>Karaoke</b><br>                         | <b>Movie &amp; Manicure</b><br><br><b>Computer Training 12-3</b> | <b>Healthy Living</b><br>                |     |
| 22  | 23   | 24   | 25  | 26   | 27  | 28  |
|     | <b>Art</b><br>            | <b>Scrabble</b><br><br><b>Computer training 12-3</b>                              | <b>Birthday &amp; Members' meeting</b><br> | <b>Bingo</b><br><br><b>Computer Training 12-3</b>                | <b>Air Hockey</b><br>                    |     |
| 29  | 30   |  |   |  |   |     |
|     | <b>Art</b><br>            | Calendar Activities begin at 1 p.m. unless otherwise stated.<br>Walking/Exercise activities are dependent on weather.<br>Please wear appropriate shoes and clothing. |   |  | <b>MENTAL HEALTH RIGHTS COALITION</b><br> |     |
| 31  |  |  |   |  |   |     |

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)