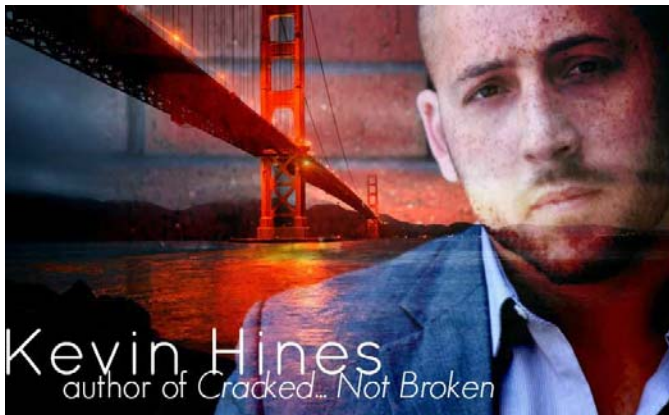


# THE RIGHTS STUFF

Spring 2018

Mar-May 2018



## Hope Survives

Save the Date

Wednesday  
November 14,  
2018 | Lions  
Community  
Centre, Jarvis  
ON | 9-3:30pm  
| Hosted by

CAMHS- the Wellness & Recovery Centre | bus from MHRC

In September 2000, Kevin Hines leapt off the Golden Gate Bridge, a method of suicide attempt that has resulted in death for most of the 2000 people who have made that jump since the bridge was erected in 1937.

But Kevin survived. He survived, and in the 16 years since his nearly fatal try, Kevin has become the bridge between the many mothers, fathers, brothers, sisters, children, spouses, friends, and loved ones who made similar acts.

Even further, Hines, in sharing his story, is fostering a critical bridge of hope between life and death for people caught in the pain of living with serious mental illness, difficult life circumstances, and more.

His refreshing honesty, realism, advocacy, and appreciation of the complex conditions that contribute to mental illness is a much-needed guiding light through the darkness of societal stigma and discrimination.

In the summer of 2013, Kevin released his bestselling memoir titled *Cracked Not Broken, Surviving and Thriving after a Suicide Attempt*. Books for Kevin to sign can be purchased the day of the event.

*Public Consultation on Carding*

*Weigh in on the province's updated rules on carding at a public consultation March 20. Justice Michael H. Tulloch is conducting an independent review of the regulation.*

*Central Library. 55 York Blvd. Mar 20. 6-8 pm*

## In This Issue

- Naloxone Training
- Valentine's Social
- Notice of hours change
- In Memoria
- Calendars



People dancing at the Valentine's Social

## Valentine's Social

Once again we had a successful Valentine's Social and Winter Dance. Around 50 people joined us at HARRRP, our last minute change of venue for the occasion. The sun came out as we danced away the winter blahs and made secret Valentine's cards. The DJ kept people dancing and having fun to music both old and new. The photo booth provided props for both photos and fun as people enjoyed the streamers, balloons and pom poms on the dance floor as well.

### Photo Booth Photos

Photos will be sent digitally to Good Shepherd HOMES and Steps to Health. They will also be available at Mental Health Rights Coalition (103-100 Main St E or email [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)). Please give us a call or email to help connect you to your photos.

### Thank you!

A big thank you to all the staff at Good Shepherd HOMES and Steps to Health and the staff and volunteers of Mental Health Rights Coalition for all the work that went into making this a success. Events like these truly couldn't happen without each one of you! Thank you to each of you who came out. We hope you had a blast! See you next time.

## In Memory of Michelle Fabris

Mental Health Rights Coalition staff, volunteers and members remember the life of Michelle Fabris who died on February 4, 2018.

Michelle was a well-known vibrant member of the community known for her energy and uniqueness. She was wildly passionate and championed the rights of people with lived experience of mental illness, addiction, homelessness and poverty.

We are saddened at her passing. May she rest in peace.



Michelle Fabris

## Donations Needed

Donations of new, unused toiletries and laundry detergent, feminine hygiene products and fresh fruit are always needed. Please call 905-545-2525 to make arrangements.

Cash donations can provide support to an individual to take peer support training, support our coffee program, or provide monetary donations to provide food or toiletries as outlined above.

We are also now accepting paypal donations through our website. Thank you for your support



# There's no way of knowing

what you're getting

There is no way to know if the drug you use (e.g. crack, cocaine, ecstasy, meth, heroin) is safe. **Take steps to prevent overdose.**

**Careful Use** – Don't use alone, go slow to test the effects, don't mix drugs

**Carry Naloxone** – Get FREE naloxone kits and training: [www.ontario.ca/naloxone](http://www.ontario.ca/naloxone)

**Call 9-1-1 for overdose**

**CPR** – Push Hard, Push Fast

## Opioid & Overdose Awareness

Mental Health Rights Coalition was pleased to host training by Hamilton Public Health on overdose awareness and the use of Naloxone in opioid poisoning (usually called “overdose”). We had a huge response to our Facebook event and posts and are glad that the awareness is spreading. It is sometimes impossible to know what substances you may be ingesting. If you use substances, follow harm reduction principles. Use less. Don't use alone. Know your source. Carry Naloxone. Call 911. Did you know there is now a Good Samaritan Law for drug overdose? If you think someone is trouble, get help. For further information about substance use and harm reduction, join us on Wednesdays in March to chat with Josh.

Call Hamilton Public Health Harm Reduction team at 905-546-4276 to arrange Naloxone training or visit your local pharmacy or find out more at <https://www.ontario.ca/page/get-naloxone-kits-free>

For harm reduction supplies call or text the Van 905-317-9966 or visit a needle exchange and harm reduction site, such as the AIDS Network, ADGS, Hamilton Urban Core Community Health Centre, Elizabeth Fry Centre, Wesley Urban Ministries Street Health Clinic. For more info: <https://www.aidsnetwork.ca/needle-syringe-program>



# Choir Gives Women a Voice

Excerpt from The Hamilton Spectator February 26, 2018

Roughly 25 women gather every Thursday night to learn repertoire, work on vocal technique, and socialize. Led by Laura Thomas, the choir sings folk songs and contemporary choral music in two and three part harmony. But Singin' Women—a choir comprised of homeless women and their allies—is about much more than just making music. For many...it's a lifeline.

"When I had started off, I had just lost my job. I had left my home, and I had fallen into a great depression. I just locked myself away and never did anything and just hid from the world," said Anne Thompson, who sings soprano. "It's a great healer for me. Even when I'm at home feeling depressed or sad, it's the music that gets me. It's like taking my medicine."

A growing body of research shows that singing in a choir is beneficial to mental health (even more so than playing team sports, suggests one British Study). But for homeless or precariously housed women, who often lack social connections or a sense of belonging, having an opportunity to experience the benefits of a choral community is deeply meaningful.

## Get Involved

The group meets each Thursday evening at Good Shepherd Centre, 10 Pearl Street North (courtyard entrance), beginning at 6 p.m. with light refreshments and music from 6:30-8 p.m. information 905-523-8766 ext 4232 or [wellness@gSCH.ca](mailto:wellness@gSCH.ca)

In Brief:

## New Research Finds Hiring disabled Canadians could boost economic growth

People with physical disabilities make up an estimated 2.9 million Canadians, expected to grow to 3.6 million by 2030. People with disabilities in the workforce could climb by 15%. People with disabilities face barriers to participation in the workforce, despite many (most?) willing and wanting to work. This is a group that is both growing and chronically underemployed. Of those that want to work only half of eligible people were able to find work compared to 80% of able-bodied peers. This research only highlighted physical disabilities. Mental, developmental other disabilities could compound these results. The Spec Feb 23/18

## Contact Us

Give us a call for more information about who we are and what we do!

### Mental Health Rights Coalition

103-100 Main Street E  
Hamilton, ON L8N 3W4

(905)545-2525

Fax (905)545-0211

Visit us on the web at  
[www.mentalhealthrights.ca](http://www.mentalhealthrights.ca)



Find us on  
Facebook

[www.Facebook.com/  
MentalHealthRightsCoalition](http://www.Facebook.com/MentalHealthRightsCoalition)

## Editorial Policy

*Submissions of up to approx. 250 words to The Rights Stuff are accepted from members of Mental Health Rights Coalition and the community as space allows.*

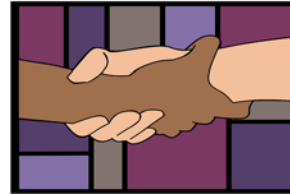
*Printing dates are Mar 1, June 1, Sept 1 and Dec 1.*

*Please submit materials 15 days prior to printing for consideration.*

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

# March 2018

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Walk about	2 Jenga Women's Group	3
4  Movies	5  Healthy Living Naloxone training	6  Chat with Josh Men's Group	7  Arts & Crafts	8 9 Euchre	10	
11  Soup's On!	12  Scrabble	13  Chat with Josh Men's Group	14 15 Crazy Eights	16 16 Arts & Crafts Women's Group	17 	
18  Arts & Crafts	19  Spring Flowers!	20 21 Chat with Josh Men's Group	22 22 Karaoke	23 23 Healthy Living Women's Group	24	
25  Walk about	26 27 Birthday Party Members Meeting	28  Chat with Josh Men's Group	29 29 Current Events	30  Good Friday	31	



For the month of March, chat with Josh about harm reduction and substance use 1pm on Wednesdays



Join us for Men's Group on Wednesdays at 2:30 pm; Women's group Friday at 2:30 pm



Come plant your own seeds to take home and celebrate the beginning of spring on March 20.

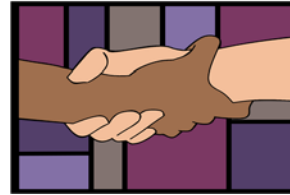
Free Naloxone Training 9 and 10 am, Mar 6  
Call to register 905-545-2525

We will be closed for Good Friday and Easter Monday. Enjoy the long weekend.

Activities begin at 1 pm unless noted here. Outdoor activities are weather dependent. Please dress accordingly.

# April 2018

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1  Easter Monday	2  Healthy Living	3  Movie Men's Group	4  Men's Group	5  Board Games	6  Arts & Crafts Women's Group	7
8  Cards	9  Arts & Crafts	10  Walk about Men's Group	11  Men's Group	12  Karaoke	13  Healthy Living Women's Group	14
15  Jenga	16  Soup's On	17  Current Events Men's Group	18  Men's Group	19  Arts & Crafts	20  Monopoly Women's Group	21
22  Karaoke	23  Skip Bo	24  Scrabble Men's Group	25  Men's Group	26  Birthday Party Members' Meeting	27  Walk about Women's Group	28
29  Arts & Crafts	30	<p><b>Notice of hours change:</b> Fridays we will be open from 12-4 pm effective April 1<sup>st</sup>.</p>				



We will be closed Good Friday and Easter Monday. Have a good long weekend.

Activities begin at 1 pm unless otherwise noted.



Join us for Men's Group on Wednesdays at 2:30 pm; Women's group Friday at 2:30 pm

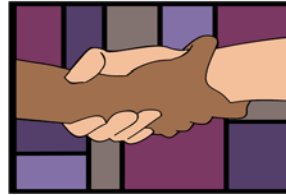
Is there a part of the downtown that you really enjoy? Feel free to suggest a route for our walk about.



























Join us for a bowl of soup Mar 12, April 17 and May 24


# May 2018

## Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		 1 Arts & Crafts	  2 Jenga Men's Group	 3 Healthy Living	 4 Current Events Women's Group	5
6	7	8	9	10	11	12
<b>Mental Health Week</b>						
13	 14 Healthy Living	 15 Karaoke	  16 Walkabout Men's Group	 17 Movie	  18 Trivial Pursuit Women's Group	19
20	 21 Victoria Day	 22 Chess & Checkers	  23 Birthday, Member Meeting, Men's group	 24 Soups' On!	  25 Euchre Women's Group	26
27	 28 Walk About	 29 Card Games	  30 Arts & Crafts Mens' Group	 31 Puzzles		
<b>Notice of hours change:</b> Fridays we will be open from 12-4 pm effective April 1 <sup>st</sup> .						

 Join us for a bowl of soup  
Mar 12, April 17  
and May 24

Activities begin at 1 pm unless otherwise noted. Outdoor activities are weather dependent. Please dress accordingly.

 Join us for Men's Group on Wednesdays at 2:30 pm; Women's group Friday at 2:30 pm

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

Is there something you would like to share, an activity you would like to lead or an event you would like to plan? Come to our members' meeting

# NOTICE OF ANNUAL GENERAL MEETING

## New Date and Location!

**Tuesday, June 26<sup>th</sup>, 2018**  
**Good Shepherd Family Centre**  
**143 Wentworth St S**

Join us for dinner, awards and our AGM at our new location and date.

Further information to follow in our Summer Newsletter.