



The Rights Stuff

MHRC UPDATES

As time goes on, we have become busier and busier and are enjoying every minute of it! December was our first month of scheduled programming and it went amazingly! Our members have been having a blast creating different crafts and projects with us, or just relaxing while playing cards.

We have also welcomed some new staff to the MHRC!

Kayla was named as our new office manager and has been working hard getting the programming going, and getting to know the members.

Karan, Jeremy and Alexis are our new peer support workers throughout the week and bring hard work and determination to the team!

Harm Reduction: CTS

Monday: 10:30am – 10:30pm

Tuesday: 10:30am – 10:30pm

Wednesday: 12:30pm- 10:30pm

Thursday: 10:30am – 10:30pm

Friday: 10:30am – 10:30pm

Saturday: 4:00pm – 10:30pm

Sunday: 4:00pm – 10:30pm

**70 James St. S
Hamilton, ON L8P 2Y8**

<http://hucchc.com/health-and-wellness-programs/harm-reduction/>

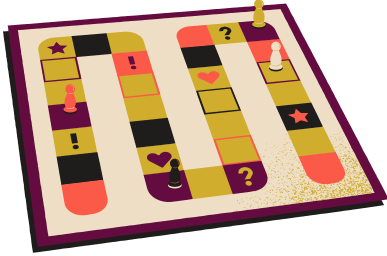
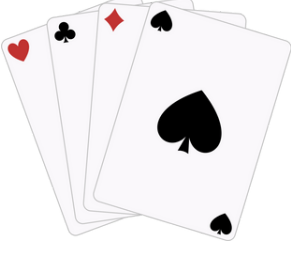
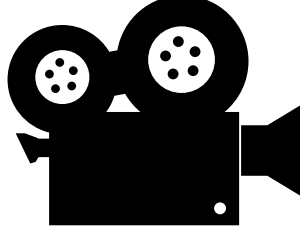






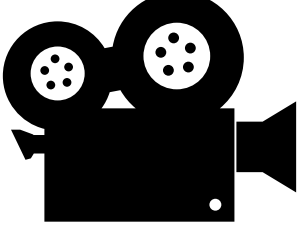


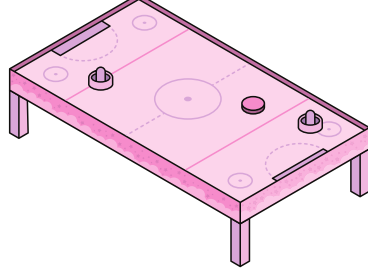

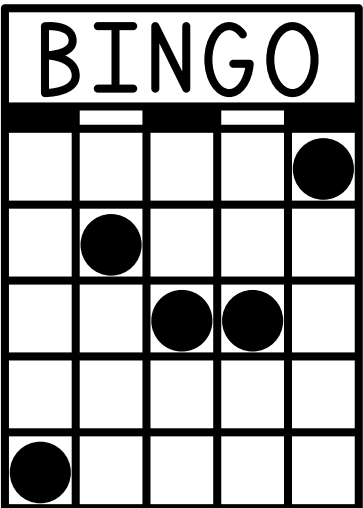
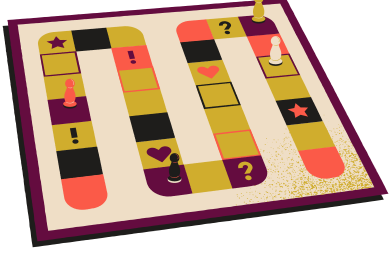


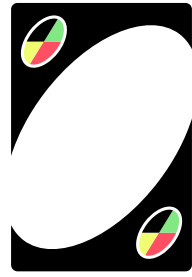


What's Happening in Hamilton?

- Free Museum access with a physical or digital Hamilton Public Library card to any of the 8 city-owned museums
- Free online Paint Nite for Adults by Paul Studioink
 - Jan 5th, Jan 12th, Jan 19th and Jan 26th
- Hamilton Virtual Job Fair
 - Jan 6th, 2023 (11am-2pm)
 - Feb 3rd, 2023 (11am-2pm)



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January

MON	TUES	WED	THURS	FRI
2 CLOSED	3 Board Games 	4 Crazy 8's 	5 Movie Day 	6 Skip-Bo/ Uno 
9 Bracelet Making 	10 Board Games 	11 Crazy 8's 	12 Slime making 	13 Skip-Bo/ Uno 
16 Movie Day 	17 Board Games 	18 Crazy 8's 	19 Air Hockey 	20 Skip-Bo/ Uno 
23 BINGO 	24 Board Games 	25 Crazy 8's 	26 Birthday Celebration 	27 Skip-Bo/ Uno 
30 Karaoke 	31 Board Games 			



The Rights Stuff

February

MON

TUES

WED

THURS


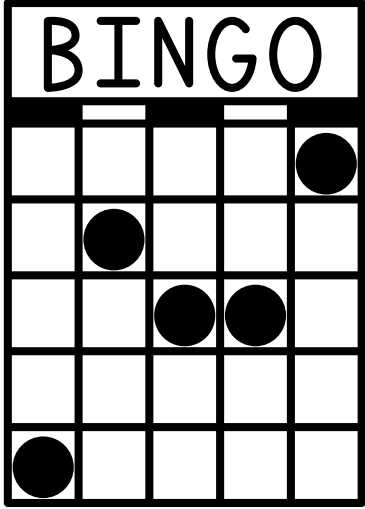
FRI

		Colouring 1 	Skip-Bo/ Uno 2 	Air Hockey 3 
Movie Day 6 	Painting 7 	Karaoke 8 	Skip-Bo/ Uno 9 	Board Games 10 
Valentine Making 13 	Valentine's Party 14 	Colouring 15 	Skip-Bo/ Uno 16 	Air Hockey 17 
Crafts 20 	Painting 21 	BINGO 22 	Birthday Celebration 23 	Board Games 24 
Crafts 27 	Painting 28 			



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March

MON	TUES	WED	THURS	FRI
		Jenga 1 	2 Movie Day 	Skip-Bo/ 3 Uno 
Dream Catchers by Mika 6 	Karaoke 7 	8 Pictionary 	9 Colouring 	Skip-Bo/ 10 Uno 
Bird House Painting 13 	Tie Dye 14 	Jenga 15 	Bird Seed Ornament 16 	Skip-Bo/ 17 Uno 
Clay Figurines 20 	21 BINGO 	Walking Group 22 	23 Colouring 	Sorry/ 24 Trouble 
Seed Planting 27 	28 Air Hockey 	29 Pictionary 	30 Birthday Celebration 	Sorry/ 31 Trouble 