

THE RIGHTS STUFF

Fall 2018

September-November 2018

Norfolk County Fair

Mental Health Rights Coalition is excited to be travelling to the Norfolk County Fair Oct 3. Leaving from the office at 10 am, and returning at 5 pm. Please bring spending money. A brown bag lunch [will be](#) provided.

Attractions

Check out the animals and agriculture
Take in a show
Check out the artisans and crafters
Check out the winners of competitions
Choose from a variety of food vendors and 3 full restaurants
Ride the midway

Sign up!

Open to members of Mental Health Rights Coalition. Please call 905-545-2525 or sign up in office.

<https://norfolkcountyfair.com/>

Men's group is moving to Monday in Sept. Join Charles at 2:30 pm for guided discussions on topics such as food, love and money



Norfolk County Fair Logo

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Some of the members at the McMaster Planetarium

Thank you!

Mental Health
Rights Coalition
Could not do it
without you!

A big thank you to our donors and supporters this past year.

- Self-Esteem Starts with Clean for health items
- Holly for health items and birthday cakes
- Megan and Mandy for raffle items
- Elizabeth Fry Society for health items
- Alfred (Ted) Haines and Bryce Kanbarra for proceeds from Ted's vegetable sale fundraiser during exhibition at You Me Gallery

Planetarium Trip

About seven members of Mental Health Rights Coalition made a trip to the McMaster Planetarium this August.

People enjoyed looking at and learning about the vastness of our beautiful universe. We definitely want to do this again! Be on the watch for future opportunities to attend.

Thank you!

This was made possible in part due to the generous donation of a gift basket that was raffled off. Thank you to Mandy and Megan Mulholland for the donation,

“
LOOK UP AT THE
stars AND NOT down
AT YOUR FEET. TRY
TO MAKE SENSE
OF WHAT YOU SEE
AND wonder about
WHAT MAKES THE
UNIVERSE EXIST.
BE curious.”

Stephen Hawking

Special Guests: Suntrac

Please join us for our members' meeting and birthday on Oct 18 at 1 pm. In addition to the usual birthday cake celebration and member's meeting we will be joined by guests from Suntrac.

Suntrac

Join addictions worker to learn about addiction treatment programs for men including drop-in, abstinence and harm-reduction based programs.

Members' Meeting

Members' Meeting is your time to provide input into activities and services at MHRC and ask questions or leave comments about the structure of our drop-in. Answers to your questions may be provided on the spot, in a future newsletter, in office, on Facebook.

Office Closed for Offsite Activities

To accommodate our offsite activities, MHRC office will be closed Sept 20 for staff development day; Oct 3 for trip to Norfolk County Fair and Nov 14 for Hope Survives

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

Find us on
Facebook



www.Facebook.com/MentalHealthRightsCoalition

Submissions to this newsletters are welcome. Submit 15 days prior to publication (Sept, Dec, Mar, June) to mhrprograms@bellnet.ca

Don't forget to vote in your municipal election Oct 22

Find out about candidates and voter information at:

<https://www.hamilton.ca/municipal-election>

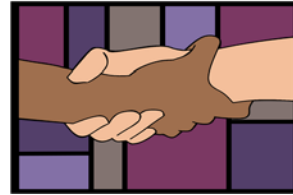
**Your Hamilton
Your Vote**

#HamiltonVotes18



September 2018

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 Labour day	4 Euchre	5 Creative Writing Men's Group	6 Healthy Living	7 Bingo Women's Group	8
9	10 Art Men's Group	11 Karaoke	12 Scrabble Knitting club	13 Walk About	14 Book Talks Women's Group	15
16	17 Art Men's Group	18 Movie	19 Crafts	20 Closed for Staff Development Day	21 Art Journaling Women's Group	22
23	24 Art Men's Group	25 Birthday Party Members' Meeting	26 Karaoke Knitting club	27 Current Events	28 Hike the Rail Trail Women's Group	29
30						

NEW!
Men's
Group will be
held Monday 2:30
pm; Women's
Group will
continue to run
Friday at 2:30 pm

NEW! Join
Sharon for
Art on Mondays
at 1 pm! Kimiko
doing crafts Wed,
as scheduled and
try new art
journaling.

Healthy
living is
your time to
discuss all
aspects of your
recovery and
health

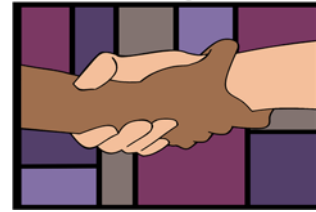
Bring your
knitting (or
crochet) and join
us for a casual
knitting circle.
First time knitters
are welcome
too.,

Book Talks:
Bring a
section of book
that you want to
share that is
interesting,
inspiring and we
will discuss them

Sept 20
our office
with be
closed for Staff
retreat and
professional
development
Reopen 12 pm Fri

October 2018

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Art Men's Group	2 Euchre	3 Norfolk County Fair	4 Healthy Living	5 Movie Women's Group	6
7	8 Thanksgiving	9 Walk About	10 Art Journaling Knitting Club	11 Monopoly Board Games	12 Karaoke Women's Group	13
14	15 Art Men's Group	16 Current Events	17 Skip-bo	18 Birthday & Members Meeting	19 Air Hockey Women's Group	20
21	22 Art Men's Group	23 Cribbage & Cards	24 Creative Writing Knitting Club	25 Karaoke	26 Craft Women's Group	27
28	29 Art Men's Group	30 Chess & Checkers	31 Halloween Party			

No experience required for all activities. Try something new!

Mental Illness Awareness Week is Oct 1-6. Look for activities in your community.

Oct 3 We will be offsite for a trip to Norfolk County Fair. Office will reopen 11 am Oct 4

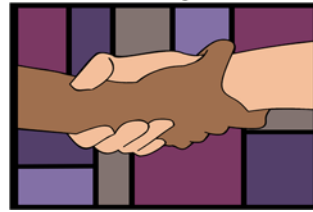
Join us for member's meeting to share your ideas and hear from special guest speakers from Suntrac

Art Crawl happens Fri, Oct 12. Meet your peers 6:30, at James & York

All activities begin at 1 pm unless noted.

November 2018

Mental Health Rights Coalition



103-100 Main St E Hamilton ON L8N 3W4

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Karaoke	2 Art Journaling Women's Group	3
4	5 Art Men's Group	6 Board Games	7 Movies Knitting Club	8 Crazy Eights	9 Yahtzee Women's Group	10
11	12 Art Men's Group	13 Creative Writing	14 Hope Survives	15 Current Events	16 Euchre Women's Group	17
18	19 Art Men's Group	20 Birthday Party & Members' Meeting	21 Jenga Knitting Club	22 Walk About	23 Crafts Women's Group	24
25	26 Art Men's Group	27 Karaoke	28 Craft	29 Air Hockey	30 Creative Writing Women's Group	



We will be offsite for Hope Survives Nov 14 in Jarvis. Office reopens 11 am Thurs.



Creative writing is not about being a writer but flexing your mental muscles!



Try something new! We challenge you to come out to a new activity this month.



Not sure what something is? All the more reason to come check it out! You can always use the drop-in in your own way too.

Submissions to the newsletter are welcome (space providing). Send your submissions to mhrcprograms@bellnet.ca