



The Rights Stuff

MHRC UPDATES

Hello everyone! As we embrace the warmth of summer, we have some bittersweet news to share with you. Our beloved office manager, Kayla, has embarked on a new chapter in her journey. Kayla was truly the heart of the centre, tirelessly dedicating herself to supporting anyone who walked through our doors. Her unwavering commitment and compassionate leadership have been crucial to our centre's spirit, and we deeply feel her absence. We are extremely thankful for the profound impact she has had on our community, and while we miss her dearly, we wish nothing but the best on her future endeavours. This isn't a goodbye, it's a see you later!

On a positive note, I'm excited to introduce Ashley, our new Peer Support Worker! With her compassionate approach and genuine care for others, Ashley is already making a positive impact. She brings fresh ideas and a warm spirit to the centre, and we're thrilled to have her join us!

I am honoured to step into the role of Office Manager at MHRC. Some of you already know me (Karan) from my previous position, and I'm thrilled to continue learning and working alongside such wonderful members, volunteers and staff. I look forward to making even more memories and accomplishments with all of you!

We are so thankful for our members' patience, hard work, and support throughout these changes. Your dedication is truly appreciated and inspires us every day. A special thank you goes out to our volunteers, who have been instrumental in keeping things running smoothly. We want to give a shout out to Camm for consistently going above and beyond—we couldn't do it without you.

Summer is here, and we couldn't be more excited about the fantastic activities and outings we have planned! Whether it's going for coffee walks to the park, eating ice cream, or playing BINGO (MHRC favourite!) there's so much to look forward to. A huge thank you to all our members for your incredible ideas and enthusiasm—it's your input that makes our community thrive. Don't forget to check out our latest calendar to stay updated on all the upcoming fun. Let's make this summer unforgettable together!

What's Happening in Hamilton?

Hamilton Food Truck Festival
Friday July 12 @ Gage Park

Festival of Friends
August 2nd-4th @ Gage Park

2024 Supercrawl
September 13th-15th
James St N

Services Spotlight:

Heat Warning Cooling Stations

Hamilton City Hall
71 Main St W

Good Shepherd Centres' Family Centre
143 Wentworth St S

All Hamilton Public Library Branches

Most Recreation Centres across Hamilton
(Look for "Cool Down Here" Sign at front entrance)

For a complete list/map of Cooling Stations please visit www.hamilton.ca/heat or call 905-546-2489.



Member Contributions

Never Give Up

A glimmer of hope wipes out all despair. When we hope for the best and believe it will come to pass, then better things will come to unfold. It will give us what we require to become successful. To have something wonderful to develop in our lives!

if we are prone to bring upon ourselves condemnation, then our chances to succeed will ultimately become futile. Our own mind will become a cell in which we will imprison ourselves for a long period of time, if we allow it to be that way! If we cease to judge ourselves on a continual basis, then self-punishments will no longer hold us captive within the confinement of our own mind.

If we continue to do good for ourselves and others, then we will blossom like a fresh flower that others will take notice of. We will discover that we will experience personal freedom never seen or felt before in our own lives. We will be set free from the prisons and self-made purgatories that so many of us create within our own minds.

If we continue to search, without giving up on the things we all need in life to raise us up, then chances are greater that success will come our way. But those that give up will never have the opportunity to see that new break of dawn that will spurn for them the success they so desperately need in their lives. They will never achieve what is necessary in order to be successful!

Many times a lack of self-confidence can elude us from moving forward toward the goals we want to reach. Often people will reach out to others in order to find strength and guidance, especially from those that have succeeded in accomplishing their success or goals. It can be used to help them discover greater things needed to continue on to master their dreams that may lie deep within.

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Often it is easier for one to give up or give into what they may want to pursue, especially when things begin to get difficult! But if we adopt this kind of attitude, we may never see the light at the end of the tunnel.

We may never see that which could quite possibly bring us to victory in the battles we face in life. If we totally accept what is, then we will attain success over any conflict that may seem to cripple us to the latter.

Our mind is a powerful tool that we can use in our attempts to defeat or overcome any problem that we may face. If we use our thoughts to trigger our actions in a positive way, then it will automatically take us where we want to go in life. If we put more trust in ourselves than depending on others, then chances are there will be lessons to be learned by our own actions. We can only blame ourselves if we should stumble and fall by making the wrong decisions.

Our lives are made up of positive and negative energies that make our lives be what they are. Good energy can create for us things we can never dream of. To make us a more stronger and stabled person. The more strength we have that is derived from our own mind, then our abilities will also be sharpened to the point where all things can be made possible. The foundation we build on Faith instead of doubt will stand forever, but foundations built on doubt will in time crumble and fall. There is much power on the Faith we are endowed with. The one that doubts will not see the light to guide him in the right direction. He is as a blind person that has no idea which direction he has to take and where it will lead him.

The End!

By: Melvin Cormier

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Member Contributions



Care Bears Puzzle is Complete!

Thank you to everyone who helped make this happen!



3D Puzzle of the “Flying Dutchman”

Thank you for building this masterpiece, AJ!





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Member Contributions



*Greeting Card created by
Glenn Betts*

*Puppycat Artwork by
Stede Wild*



Dave's Joke of the Month

Why did the cookie go to the hospital?

A: He felt a little CrumBy!



**Mental Health
Rights Coalition**

The Rights Stuff

JULY 2024

MON	TUE	WED	THU	FRI	SAT	SUN
1 	2 Game Day 	3 	4 Pipe Cleaner Crafts 	5 Yahtzee 	6	7
8 Painting 	9 Pancake Day 	10 Game Day 	11 Colouring 	12 Yahtzee 	13	14
15 Keychains 	16 Yahtzee 	17 Colouring 	18 Movie 	19 Grilled Cheese Day 	20	21
22 Karaoke 	23 Painting 	24 Game Day 	25 Birthday Celebration 	26 Coffee Walk 	27	28
29 Game Day 	30 	31 Check In 				

Open Peer Support
Group @2:30



Member Meeting
@2:30

All activities start at 1:00pm unless otherwise stated.



**Mental Health
Rights Coalition**

The Rights Stuff

AUGUST 2024

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Karaoke 	2 Yahtzee 	3	4
5 	6 Pancake Day 	7 Game Day 	8 Writing 	9 Bracelets 	10	11
12 Painting 	13 	14 Game Day 	15 Craft 	16 Ice Cream Cones 	17	18
19 Karaoke 	20 Movie 	21 Game Day, 	22 Painting 	23 Yahtzee 	24	25
26 Walk 	27 Check In 	28 	29 Birthday Celebration 	30 	31	

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SEPTEMBER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 	3 	4 	5 	6 	7	8
9 	10 	11 	12 	13 	14	15
16 	17 	18 	19 	20 	21	22
23   30	24 	25 	26  	27 	28	29

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