

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

The Rights Stuff

Summer 2014

June • July • August 2014

Computer Training Available

Our Ontario Trillium Foundation-supported initiative is underway. We are excited to be able to provide greater access to computers and increase the availability of computer-related programming to our members and the community.

Training will provide staff and members the ability to develop skills that will help them in their recovery, develop connections in the community, learn about resources,

and develop skills for jobs and living. Training is underway for staff, volunteers and members. If you are interested in computer training, please call or come in to find out current offerings. Topics such as Google, Skype, email, Publisher, Word and Powerpoint are being offered.

If you have a topic that you would like to learn about, a program that you need to learn to use, or some

project that you need to learn to do on the computer, send us an email or let us know when you are in. You can email Amanda at mhrcprograms@bellnet.ca

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

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

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

Gardening Group

Members have begun the task of rejuvenating our front garden which will include both flowers and vegetables. Please join us daily to help cultivate this area and you will be rewarded with a beautiful garden and the vegetables that you get to eat. Sign up for various tasks at MHRC.



Art Show Continues

Our art show celebrating Mental Health Week and the entire month of May continues until June 8 at *You Me Gallery* and *This Ain't Hollywood*.

Our opening event May 9 was a huge success with over 200 guests in attendance!

Truly. Madly. Deeply. presents the work of artists in the Hamilton area that challenge and inform the conversation around mental illness, addictions and the social system. Photos p. 3

Inside this issue:

From the Executive Director & Editor	2
Art Show Photos	3
Calendars	4-6



Executive Director:

Frances V. Jewell

mhrced@bellnet.ca

Henri Matisse said, "Creativity takes courage."

Truly. Madly. Deeply. displayed just that.

When we talked about a month long art exhibit to coincide with May's Mental Health Week, my goal was to invite anyone with lived experience to have the opportunity to use their art to talk about the impact of mental illness on their life. I met with two gallery owners and discussed the best way to engage people. We wanted open it up to everyone and see what happens. We committed to show at least one piece of art from every person who submitted work.

I worried whether anyone would submit any art. Then, one day, eight people walked in the door and handed

me art. Over the next couple of days more artists arrived with work. More than twenty-five people participated in the exhibit. The art was interesting, evocative and the text provided by artists was deeply moving and courageous.

Hanging the art exhibit was an exciting process. Bryce at *You Me Gallery* went to great pains to make sure the art was hung perfectly, measuring height and width of each piece and of considering how each piece complemented or worked with the others. Gary from *This Ain't Hollywood* had very specific opinions about how art should be grouped and hung.

Truly. Madly. Deeply. received extensive coverage from the Hamilton Spectator with a banner on

the front page and two half page articles featuring four artists. Opening night proved to be a huge success with hundreds of people arriving to take in the show. People bought art; some talked about their own mental illness.

I would like to thank each and every artist who submitted work; Amanda Wedikind and Dawn White Beatty for helping to hang the show; Gary Daly from *This Ain't Hollywood* for his time and caring; and Bryce Kanbara from *You Me Gallery* for his insight, inspiration and fostering a truly collaborative exhibition.

Plans are in place for a show next year. If you'd like to be involved in the exhibit please let me know. In the meantime just for the fun of it get busy being creative and produce some mad art.

"We work in the dark - we do what we can - we give what we have. Our doubt is our passion and our passion is our task. The rest is the madness of art."

Henry James



From the Editor

Amanda Carey

mhrcprograms@bellnet.ca

We have had a quick spring and here comes

summer. Things are hectic around MHRC at times, but I take that as a good sign. It indicates to me that we are growing and changing. Members are taking more ownership of the property with the garden, and with programming. I am delighted that we can offer a garden, art and poetry because members volunteer to lead these activities.

I hope that we will see further growth as our computer training takes off. There has already been much interest. Many people I talk to need these valuable skills. The world demands that people can use a computer these days.

Like everything here, the training belongs to you. So tell us what you need so we can arrange to have it available.

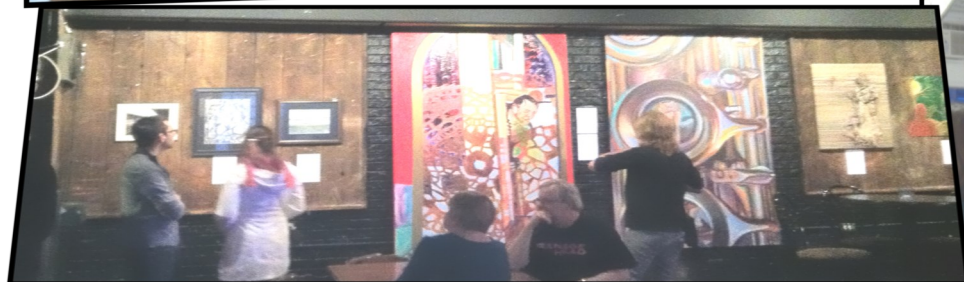
I have already enjoyed the new computers immensely. They move at the speed of light compared to our old ones. I could make coffee and still be waiting on the old computers!

I am also excited to learn some new stuff myself. As I got into a new program last week I realized just what it must be like to not understand computers as this was just as new to me.

I may not have mastered the new program, but I have learned a few things:

1. Trust the process. All will become clear in the end.
2. Never stop learning.
3. Find people who know things you don't and who challenge you. It might be intimidating at first but is so enriching in the end.
4. Practice, practice, practice. Then practice some more. Experts aren't born, they are made.
5. There is more than one way to do things.
6. Have patience with yourself.
7. Ask questions.
8. Have fun.

Truly. Madly. Deeply.

























Thank you!

Mental Health Rights Coalition would like to give a big thank you to Second Cup in Westdale (1004 King St W.) for their generous donations of coffee over the years! We really appreciate it!















































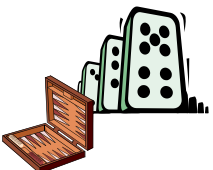




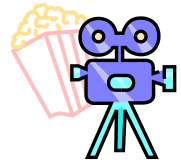
June 2014

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	Art 	Air Hockey 	Coffee Walk 	Current Events  Computer Training 1-4	Bingo 	
8	9	10	11	12	13	14
	Art 	Healthy Living 	Members Meeting  Cards	Karaoke  Computer Training 1-4	Knitting 	
15	16	17	18	19	20	21
	Art 	Board Games 	Movie 	Skip-bo  Computer Training 1-4	Healthy Living 	
22	23	24	25	26	27	28
	Art 	Euchre 	Poetry Group & Open Mic 	Dictionary G.ame  Computer Training 1-4	Karaoke Birthday Party 	
29	30					
	Art 	<p>Calendar Activities begin at 1 p.m. unless otherwise stated.</p> <p>Walking/Exercise activities are dependent on weather.</p> <p>Please wear appropriate shoes and clothing.</p>				<p>MENTAL HEALTH RIGHTS COALITION</p> 



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
	MENTAL HEALTH RIGHTS COALITION 	Canada Day 	Current Events 	Karaoke 	Members' meeting  Computer Training 12-3	
6	7	8	9	10	11	12
	Art 	Healthy Living 	Board Game 	Apples to Apples Game 	Cards  Computer Training 12-3	
13	14	15	16	17	18	19
	Art 	Skip-bo 	Euchre 	Air Hockey 	Knitting  Computer Training 12-3	
20	21	22	23	24	25	26
	Art 	Birthday Celebration 	Poetry Group & Open Mic 	Crazy Eights 	Karaoke  Computer Training 12-3	
27	28	29	30	31	<div> Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing. </div>	
	Art 	Bingo 	Cribbage/Cards 	Pictionary 		

August 2014

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.			1	2
	MENTAL HEALTH RIGHTS COALITION 			Members' meeting  Apples to Apples Game 	Karaoke 	
3	4	5	6	7	8	9
	Civic Holiday  Closed	Hearts—Cards  Computer Training 11-2	Coffee Walk 	Air Hockey 	Scrabble 	
10	11	12	13	14	15	16
	Art 	Healthy Living  Computer Training 11-2	Board Games 	Karaoke 	Healthy Living 	
17	18	19	20	21	22	23
	Art 	Euchre  Computer Training 11-2	Birthday & Karaoke 	Bingo 	Dominoes & Backgammon 	
24	25	26	27	28	29	30
	Art 	Rail Trail Walk  Computer Training 11-2	Monopoly Deal card game 	Crazy Eights 	Movie & Manicure 	
31	Mental Health Rights Coalition, 20 Emerald St S Hamilton ON, L8N 2V2 Phone 905-545-2525 fax 905-545-0211 www.mentalhealthrights.ca					