



# Volunteer Appreciation Wednesday, June 8 4-6 pm

Light lunch provided.

All volunteers welcome.

Please let us know if you are attending.

RSVP [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca) or call 905-545-2525



**Please join us to celebrate  
20 years of MHRC  
Friday, June 10  
1-4 pm  
New furniture thanks to OTF**

## VOICES OF EXPERIENCE



Empowering the voice of consumers of mental health and addictions services.

**June 21, 22, 23  
9 am to 4 pm.**

Register for training by contacting  
Peggy at [mhrcprograms@bellnet.ca](mailto:mhrcprograms@bellnet.ca)  
or call 905-545-2525

**Training is Free—space is limited**

Mental Health Rights Coalition  
20 Jackson St. W. Suite 206  
Hamilton, ON L8P 1L2

Phone: 905-545-2525 Fax: 905-545-0211  
E-mail: [mentalhealthrights@bellnet.ca](mailto:mentalhealthrights@bellnet.ca)