



December 2006/January 2007

THE RIGHTS STUFF

A PUBLICATION OF THE MENTAL HEALTH RIGHTS COALITION

Our Mission: To encourage, enable and empower the voice and participation of consumers in the Mental Health System in Hamilton.

Drop In Hours:
11 — 4
Mon — Fri

HAMILTON'S COLD WEATHER PROTOCOL

We all know it's coming, and though the majority of us are bracing ourselves for it, there's no way to avoid it: cold weather is a fact of life in Canada. Because of where Hamilton is located in the southern half of Ontario, we are susceptible to lake effect winds. Wind chill is a factor that can send a relatively mild temperature plummeting well below freezing.

To help us all with cold weather, the City of Hamilton will be taking some precautions, and will be informing the

most vulnerable of our citizens.



As many may remember, Hamilton ceased to supply the city with Heat Alerts through the summer. After a lot of flack and unhappy citizens, Hamilton will continue with cold weather alerts. Here's how they will work:

- Alert is established if the temperature is expected to be colder than -15°C
- A Cold Weather alert is faxed out to the Medical Officer of Health, Hostels and Residential Care facilities, various outreach teams and public health departments. The Mental Health Rights Coalition receives one of these faxes, as a place where people can come to be out of the elements. The media is also informed.

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<i>December 2006 January 2007</i>	

POVERTY AND MENTAL ILLNESS

Mental illness and poverty seem to embrace each other. People with mental illnesses, diagnosed or undiagnosed, find it generally more difficult to continue schooling, or find and hold employment, creating an impoverished situation. On the other hand, poverty increases the risk of chronic stress and malnourishment, among other things, that can

incite mood and other disorders. Stigma, education levels and lack of resources can prevent some people with mental health issues from obtaining employment. For many consumers, social assistance is the only way to access money. And for many on social assistance, the question is, "What Money?!"

In a recent report pub-

lished by the Social Planning and Research Council (SPRC), there are nearly 20,000 people in Hamilton who are unemployed and looking for employment. For those who cannot receive Employment Insurance, and do not have family, friends, or savings to rely on,

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Views and opinions expressed in this newsletter represent those of individual contributors, and not necessarily of The Mental Health Rights Coalition.

DEBORRAH SHERMAN: EXECUTIVE DIRECTOR

November seemed to be our month for focusing on housing as an issue. Several members attended the Housing Day workshop at Mission Services on the 15th, a community planning event to help the Housing Committee of the Hamilton Addiction & Mental Health Network (HAMHN) zero in on a work plan for the next year or two. We identified some priority items and will report these back to the Network to figure out how to move them forward. The Committee will need to replace me as co-chair, since I have completed my term and will be busy with the next item in this article.

On November 22nd, a more specific housing forum took place at Good Shepherd's Family Centre. Our research piece on Consumer-Run Co-Op Housing feasibility is a wrap, and this was our feedback forum. We had great turnout (about 40) and a number of people "signed on" who want to be involved in actually starting a co-op. As well, a number of mental health and housing providers and funders are also very interested in moving the idea forward. Many thanks to all who came, and especially to all who have been there all along (the Social Housing Work Group of HAMHN's Housing Committee) and to the researchers from the Centre for Research & Education in Human Services. Especially, thanks to the Ontario Trillium Foundation for supporting this research piece. The final report will be available soon, and if we have enough consumers interested in forming a founding board for a co-op, we

BOARD OF DIRECTORS

Herman Westerik, President
John Schalkwyk, Vice President
Margie Goold, Treasurer
Susan Crawford, Secretary
Connie Bryce-McKinlay
Dan Goold
Dan Warburton
Rosemary Garside

will do that and start applying for funds. But we do need a critical mass of people – it won't fly if you sit back waiting for it to be created so you can live in it. If you want to live in a co-op, come join in the creation process! Call if you are interested.

Congratulations to Chris and Brian, who have left us for other peer support jobs in mental health service provider agencies. We do seem to be infiltrating the system, don't we? Speaking of that, our member survey shows that many of you are unaware of MHRC's voice in the mental health system, locally and provincially. Therefore, I will try to make a habit of briefly highlighting what we're up to under the heading of *System Roundup*.

Finally, we say thank you (but not goodbye!) this issue to Martha R., who is leaving our Board of Directors to focus on her employment goals and family commitments.

System Roundup

The HAMH Network has spawned a new group that brings peer workers from various agencies together for the purpose of developing a short list of consumer priorities for HAMHN to address in its work plan. Amy R and Fiona W co-chair that group and I am a 'back-bencher'. Watch for future news of the priorities we present, and ongoing reports on the local system's progress in achieving them.

I have recently joined the LHIN 4 Addiction & Mental Health Network, which brings together provider and con-

sumer reps from the various networks throughout Hamilton, Niagara, Halldmand, Brant and Burlington areas, to inform the decision making at the LHIN level.

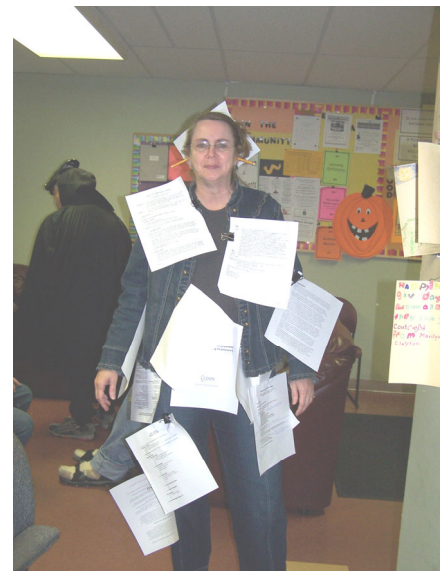
Your President, Herman W, attended the Nov 30th AGM of Ontario Peer Development Initiative as your representative, and I was re-elected as its Vice President. A letter from senior Ministry policy staffer Carrie Hayward confirmed that OPDI has met the targets set out in last year's operational review and is deemed by the Ministry to be the voice for the province's consumer groups.



STANDING & Ad Hoc COMMITTEES

Development: R. Garside, Chair
Finance: M. Goold, Chair
Education: Staff Facilitated
Newsletter: Staff Facilitated
SCOPE: Staff Facilitated

Note: standing committees can include voting members who are not on the board. If you are considering running for the Board of Directors, your participation on a standing committee would demonstrate your commitment and give you some experience!



Deb never could get rid of that paperwork...MHRC Executive Director at the Halloween Party. See more on page 7.

AMY ROGERS: PEER SUPPORT COORDINATOR

Changing Faces in the Drop-In

Some of you may have already noticed the changes in our Peer Support staff over the last few weeks. We are sad to have said good bye to Chris and Brian as they have left us to move onto bigger and better things. We are excited to be seeing these opportunities open up for Peer Support Workers and wish Chris and Brian all the best in their new positions.

I'd like to welcome Mary who has joined our team of Peer Supporters. Mary has been a Peer Support Volunteer with the Coalition and comes to us with lots of experience. You can find Mary in the drop-in on Fridays so please come by and say hello!

Peer Support Training

It's almost the new year, which

means that we will be starting a new training group for Peer Support Volunteers. If you are interested in becoming a Peer Supporter, now is the time to get involved! The training offers participants an opportunity to learn about themselves, listening and communication skills, some crisis intervention skills, issues around abuse and addictions, and about stress management and self-care. Anyone who is interested in joining our team of Peer Supporters should contact Amy at (905) 545-2525 or peersupport@bellnet.ca for more information.

Peer Support Job Opportunities

MHRC has been busy working with some of our community partners to create Peer Support jobs in other agencies. We are quickly reaching the point where we will be hiring Peer Supporters for some **time**

limited placements. If you have already completed the peer support training and are interested in working, please contact Amy to set up an interview.

Important Dates

Peer Support Training will be running on Wednesday afternoons beginning January 10, 2007 from 1-4pm.

Peer Support Worker Meeting will be on Wednesday, January 3, 2007 at 1pm.

Peer Support Worker Meeting will be on Tuesday, February 6, 2007 at 1pm.

Peer Support Volunteer Meeting will be on Tuesday, January 16, 2007 at 1pm.

Recovery Committee Meeting will be on Thursday, January 11, 2007 at 1pm.

KATE MOORE: MEMBERSHIP COORDINATOR

Well, I hope you're ready for the cold, because I think it's coming quick! The Coalition has been busy getting ready for the new year, and I hope all the readers are gearing up to take part in our activities.

Newsletter Committee: I am proud to state that I have a wonderful newsletter committee with great ideas on how to

recreate the newsletter. We are looking at some very good articles coming up, so keep your eyes open for future publications.

Website: YES! The Mental Health Rights Coalition has completed their website. Everything is up and running, so go check us out: www.mentalhealthrights.ca

If you need to contact the "postmaster"

click on the 'email the postmaster' link at the bottom of the homepage.

Volunteers: I would like to thank our newest volunteers, Vicki and Pat, for signing up with us. We're happy to have you!

A reminder to all members, you are welcome to volunteer any time: call me!

-Kate

CHANTAL DRIEDGER: ACTIVITY COORDINATOR

Hi there! I have to say that I am excited for the months of December and January. Christmas is such a nice time of having parties and good food and even a few presents! January is also a time of starting things new and fresh and acknowledging room to grow. So, the activities committee, volunteers and I have been putting together some new activities for fun, our bodies, self-reflection, and sharing.

In December we will be **preparing for our Christmas** celebration by putting up decorations and hopefully a tree! We'll be working on the party food in advance, decorating cookies, making popcorn garlands and decorations.

We will also be having an organized **card making craft time** to give to our

loved ones. See calendar.

For our **Christmas Party** we'll have cider and meatballs, dainties, spinach dip and whatever else we can get our hands on. Mmm mmm! We're also going to have a gift exchange called "Junk to Treasure". Bring something that you have lying around and that isn't being used and we can do a gift exchange! December 12, from 1-3.

There's more...We will be starting a **mall walk** in January. The walk will be the 1st and 3rd Wednesday of each month for now and we will see where it goes from there. It will take place at Centre Mall, because it's quiet there. We will meet at MHRC first and participants will be responsible for bus fare to get there. Other plans to meet at the mall

can be made after the initial meeting if some people would like to. We will however always meet at the centre first, especially for newcomers. If people want there will be a time for having tea and coffee after the walk, somewhere in the mall. Everyone is responsible for themselves and getting home. Have fun and get fit! This will be the first and third Wed. of each month, beginning in January.

We are going to have **Collage Journaling** time. This is meant to allow us to take the time for self-reflection and just reflection in general. Journaling can be its own personal support and is known to improve recovery. We will also have a sharing time afterward, participation is optional. *Continued Page 4*



BE CAREFUL

Be careful of your thoughts
 for your thoughts become your words.
 Be careful of your words
 for your words become your actions.
 Be careful of your actions
 for your actions become your habits
 Be careful of your habits
 for your habits become your character
 Be careful of your character
 for your character becomes your destiny



CHANTAL DRIEDGER: ACTIVITY COORDINATOR (CONTINUED)

We will provide journals. Old magazines are welcomed. We will explore our feelings through creativity using mixed medias such as watercolours, markers, crayons, collage, pastels, fabrics and whatever else we can find. There will be topic available or personal self-direction. I'm sure it will be a time of healing and understanding. You will have beautiful pages to look back on that will help you move forward, see change and persevere. This will be the first Tues. of every month. Beginning in January.

We are also starting a **Social Group** that will happen once a month starting in January. This has been put into place so people from our organization can meet together at a particular time and so that other people from other organizations can also meet at these times. This will be the second Tues. of each month, beginning in January.

We are also starting a **Reading Group** for the first Thursday of each month. The first meeting we will decide how we want to proceed. We will see if the majority would like to read short stories and have discussion, or would prefer reading a short novel together with discussion. We will do the reading during the group time and will share the book. This will be on the second and fourth Wed. of each month. Beginning in January.

An **arts and crafts group** will be starting the third Thurs. of each month in January. This group can decide if they would like to do individual projects together or focus on one group craft. The possibilities are endless such as sewing,

jewelry making, artistic techniques such as watercolour, pastels, acrylic, mixed media and anything else you can imagine. It would also be wonderful if could invite some of the artists in the community to teach us techniques and other crafts. Hopefully we can also learn from each others creative strengths as well!

The **Inspiration Group** is beginning on Jan. 10th. It will be held on the 2nd and 4th Wed. of each month. We'll be reading inspirational material. Hopefully some members will share their personal stories of hope in their lives and how they have battled and won with their illness.

W.R.A.P. is almost over! It has been an accomplishment for the people that have taken part in it. I have seen true change in the group including all of us. We have definitely learned. We will be having a PARTY for the participants on Dec. 8th!!! Hope to see everyone there. For the party we would just like to ask you to bring a small snack for the group. We will also have a time of encouraging and affirming each other. Hope to see all your beautiful faces there:).

Keep you're eyes open for **other outings**. We will be going to the Royal Ontario Museum Jan. 3rd. I've heard there are dinosaur bones there. We have five seats for people for two dollars charge and bring a lunch or lunch money.

VERY IMPORTANT: see calendar for other events such as Movie day, Bingo and prize, card games and other activities.

Please call if you do not have next newsletter to verify any possible changes in the schedule. MHRC 905-545-2525.

Because we are going to be starting our Mall Walks I thought it would be good to expose ourselves to of all the positive things that can come from it. Here they are:

- Walking refreshes the mind, reduces fatigue and increases energy
- Walking provides an enjoyable time for sharing and socializing with friends or family.
- Regular brisk walking can reduce elevated blood pressure and improve digestion and elimination.
- Walking relieves stress and tension.
- Walking strengthens bones and helps prevent and control osteoporosis.
- Regular walking increases the number of calories you expend and helps you feel good about your body. When combined with healthy eating, walking will help you maintain healthy weight and a positive body image.

-Chantal

*There are many wonderful things
 that will never be done if you do
 not do them.*

Honorable Charles D. Gill

STIGMA: FACT VS FICTION

Stigma. It is a Greek word meaning "a mark of disgrace". Of course, those of us living with a mental illness are very well aware of what the word means. Stigma can keep us from getting help when we need it. It may make us uncomfortable at family gatherings. It can rob us of our pride, our self-esteem, and sometimes, our dreams. Oh yes, we know all about stigma.

According to the Canadian Mental Health Association, one in five people will experience some form of mental illness in their lifetime. Of these, it is estimated

that nearly one half will not seek help for their illness. With so many people affected, more must be done to eradicate the stigma associated with mental illness.

Stigma results from misunderstanding and incomplete information. Therefore, the best way to combat stigma is through education. In future issues of The Rights Stuff, we will be looking at various myths surrounding mental illness and providing information to correct these myths.

We would like to hear from you.

-Susan W

Do you have a story about how stigma has effected you or someone you know? Was there a time when you reacted to stigma in a constructive manner? What was the result? Is there a particular myth about mental illness that you would like to see addressed in this column?

Contact Kate at email, the main phone number, or in the drop in (See Page 8 for Contact Information). Watch future editions of The Rights Stuff for more on this topic.

MENTAL ILLNESS AND POVERTY (CONTINUED, PAGE 1)

Ontario Works (OW) and Ontario Disability Support Program (ODSP) are the last resort.

Access to the system can be confusing and disheartening. Many who are applying for OW and ODSP are already facing hunger and homelessness; one of the prerequisites for accessing social assistance is the existence of a mailing address. This means that for people who are already homeless, there is no financial assistance.

Once one does access the system, the resources and money delivered are inadequate to provide the necessities of life. Who can find a job when they need to decide between a bus ticket and a loaf of bread? Who has the resources to type out a good resume and send it to potential employers, when the rent is going up again and there's no heat because there's no money?

The maximum amount for a single person accessing OW is \$520.00 per month. The maximum shelter allowance (the amount a person is to spend on rent) for a single person on OW is \$325.00. The average market rent for a bachelor apartment in Hamilton is \$472.00 a month. ODSP doesn't do much better; their maximum shelter allowance is \$414.00 a month for a single person. A one bedroom apartment, on average, will go for \$591.00 a month. The figures for single parent families and couples with children are even more devastating. A point published by SPRC states: "rents continue to rise at twice the rate of infla-

tion, while social assistance levels have remained static".

Housing isn't the only issue. The most basic necessities of life, such as food, transportation, communication and clothing are also needed. A single person, with a total of \$48.00 left after paying rent, will need to decide which one of these is most important. And even if one is buying food with the left over money, they will not have adequate funds to buy a month's worth. So what's left? Food banks supply many families with food because of this lack of adequate assistance from the government. They cannot supply everyone with enough food for an entire month, but they do what they can with the donations they receive. If not for food banks, many people would go hungry.

And what of the cold weather? A family that cannot afford to buy food will not have the resources available to dress appropriately throughout the winter. Only since November 1, 2006, the government is supplying \$100.00 for winter clothing. Judging by the shortfalls people are experiencing in rent and groceries, this extra money can't go far. So if recipients don't starve to death, they very well could freeze to death. Or get frostbite. Or develop hypothermia. How does one decide between having a warm home and a warm winter coat? And why is the government refusing to assist? "Many people on social assistance experience Ontario Works and the Ontario Disability Support Program as unresponsive and oppres-

sive."

Who's helping the city with this dilemma? Though the future seems bleak, there are organizations fighting for change. **The Campaign for Adequate Welfare and Disability Benefits (CAWDB)** has made it their main goal to make social assistance income match the real cost of living. They want Ontario Works to match inflation each year back to 1995, when the government cut welfare rates \$113/month. They want today's OW rate to match what it was in 1995, adding on the ten years of inflation rates.

They want to make ODSP more accountable for inflation as well, going back to 1993. CAWDB advocates for shelter allowances reflecting actual rental unit prices. Then perhaps, people will be able to buy food, get transportation and have a better chance of creating employment opportunities.

The Campaign for Adequate Welfare and Disability Benefits meets at the 1st Pilgrim United Church (200 Main St E, Hamilton) every 2nd and 4th Wednesday of each month. New members are welcome to attend any meeting.

The Social Planning and Research Council have created a report on poverty in Hamilton, available at: <http://www.sprc.hamilton.on.ca/Reports/pdf/PortraitOfPoverty.pdf>

For more information, feel free to visit us!

-Kate M, Maria B

PATRICIA DEEGAN DISCUSSION GROUP

Pat Deegan came to Hamilton last month, speaking about Recovery: Getting Beyond the Talk. We had an excellent turnout by our Board and membership. Pat herself was excellent. She is a peer, diagnosed with schizophrenia, who has achieved a PhD in Clinical Psychology and she is practicing in the Kansas City area. She is revolutionizing the field of Mental Health.

According to Pat, mental illness is not necessarily forever, it is not necessarily chronic. Through using personal medicine and pill medicine, she believes in individuals using their inner strengths to become grounded. She also believes in teaching people to deal effectively with doctors and their own medications, differentiating between the Disease Centered Model

and the Person Centered Model.

We here at the Mental Health Rights Coalition are doing our part to implement Pat's ideas. A group met on November 8th, here at MHRC, with Chantal, and realized that we are already on the right track. Our mission statement of encouraging, empowering and enabling clearly aligns us with Pat. Our programs, like the WRAP sessions held here each Friday afternoon, and our support of other programs like TAMI, say we are definitely going in the right direction.

We also discussed obtaining some of Pat's manuscripts for the resources center and pledged to cultivate HOPE. There are solutions to the situations we find ourselves in.

Given the opportunity, we can not

just survive, we can thrive. Physically, emotionally, and spiritually. We do not want to even be a part of toxic help. We want to avoid tokenism and prevent learned helplessness. If you feel the same or are curious as to what this report means, please, talk with Chantal. Perhaps there can be further meetings; we would love your input!

Remember: Because of our seven strengths...

Peer Support
Hope
Relationships
Avoiding Toxic Help
Providing Members with Choices
Being Person Centered
And Encouraging Employment

...we can THRIVE.

-Connie B

HAMILTON'S COLD WEATHER PROTOCOL

CONTINUED FROM PAGE 1

After the alert is sent out, Outreach staff work to refer homeless and at risk individuals to shelters. Police involvement is an option if someone is refusing to come out of the cold.

Shelters are open to those at risk; if there is a need for overflow space, the Salvation Army (Outreach) consults with the police department to negotiate more space.

Another fax will be sent when the cold alert is cancelled.

Our city works well to alleviate the risk of cold weather. We have an **Out of the Cold** program that works with the homeless and at risk population to ensure that each person has a warm meal and a way to stay out of the elements. Out of the Cold is open Monday to Saturday, and overnights. Doors open at 4p.m., dinner is served just after 5p.m. For more information on the Out of the Cold program, a Peer Support Worker at MHRC would be happy to help out.

Hamilton also has a community health bus that stops at specific places each day to provide outreach to those in the community who need it. For more information on where and when this bus can be accessed, please call a Peer Support Worker at MHRC.

Weekends are not left out of the mix either; The Salvation Army Soup Van as well as HOMES and Hamilton Urban Core are making themselves available to help Saturdays and Sundays, sometimes as late as 11p.m. MHRC has a schedule of which agency is available each day of the week; to view it, please come and speak to a Peer Support Worker.

Tips for the Cold:

Layer your clothing for the most adequate protection from cold weather.

Never go out into the elements with wet hair

Always wear a hat and gloves

Keep small animals indoors, especially at night.

Avoid alcohol: alcohol can stop the body from feeling the elements

Keep moving—the more you move, the more warmth you will create.

Signs of Hypothermia: Confusion, lethargy, weakness and pale skin.

Signs of Frostbite: Pale, grey, waxy textured skin, numbness, swelling and blistering.

If you need any more information on cold weather, please call us!

-Kate M

FOR SUPPORT...



Give Us A Call! A Peer Support worker is available Monday to Friday, 11a.m.-4p.m. 905-545-2525

NUTRITION FOR CONSUMER/SURVIVORS

Food Allergies:

Food allergies can either cause or contribute to thousands of mysterious symptoms and serious illnesses. Some common symptoms of food allergies are:

Asthma	Chronic low back-pain	Gas
Bedwetting	Depression	Gastritis
Bladder Infections	Diarrhea	Headache
Bronchitis	Duodenal Ulcer	Hives
Bursitis	Eczema	Hyperactivity
Canker Sores	Edema	Hypoglycemia
Celiac Disease	Fatigue	Learning Disability
Fainting		

Nutrition:

According to Carlson Wade, author of *Nutritional Healers*, some ailments can be alleviated by changing diet alone. This source claims that cancer can sometimes be helped or cured through nutrition, as well as multiple sclerosis and lupus.

This source also claims that 80 – 90 % of modern medicine has no better proof behind it than snake oil.

Carlson also suggests that zinc, fatty acids, vitamin C and vitamins A & E will clear up most cases of eczema when used in adequate quantities.

Please speak with a doctor before changing your diet to help various ailments.

By Stacey R.

Join Us For Our Annual
CHRISTMAS PARTY
 Tuesday, December 12,
 2006
 1p.m.-3p.m

*Do not try to imitate the lark
 or the nightingale, if you can't do it,
 if it's your destiny to croak like a toad,
 then go ahead! And with all your might!
 Make them hear you!*



Louis-Ferdinand Celine

MENTAL HEALTH RIGHTS COALITION ANNUAL HALLOWEEN PARTY

The Mental Health Rights Coalition had their annual Halloween Party on October 25, 2006.

We had a wonderful time, played some games, saw some great costumes and ate a lot of candy.

Now, it's time to start planning for Christmas....



Calvin in his DARTH VADER Costume



Staff, Karin and Chantal, getting prizes ready

NEW TAX CREDIT FOR PUBLIC TRANSIT

Canada Revenue Agency is advising all public transit users to keep their monthly bus passes and receipts if they plan to take advantage of the new tax credit.

The credit is available for the portion used on or after July 1st, 2006, even if purchased beforehand. Here's how you can apply for the tax credit.

Your monthly bus pass must have the following information on it:

- an indication that it is a monthly (or longer duration) pass;

- the date or period for which the pass is valid;
- the name of the transit authority or organization issuing the pass;
- the amount paid for the pass; and, the identity of the rider, either by name or unique identifier.

If you do not have this information on your bus pass, you will need to provide dated receipts, cancelled cheques or credit card statements.

This tax credit doesn't only apply

to Hamilton Street Railway, but also to streetcars, subways, commuter trains and local ferries.

An individual can make a claim on behalf of dependents, spouses, and common law partners, as long as they have not already been claimed by them.

More information will be available soon at the Canada Revenue Agency website: www.cra.gc.ca

For more information, please see a Peer Support Worker.

-Kate M.

VOICES OF EXPERIENCE IS BACK!

Voices of Experience, a project of the Good Shepherd HOMES that the Mental Health Rights Coalition has been a part of since the beginning, will be coming back to the city due to renewed funding.

This project is made for consumers who are interested in sitting on a Board of Directors and Steering Committees for various agencies within the city.

This project ensures that Consumers have a voice in the community,

Follow the path of the unsafe, independent thinker. Expose your ideas to the dangers of controversy. Speak your mind and fear less the label of 'crackpot' than the stigma of conformity. And on issues that seem important to you, stand up and be counted at any cost.

Chauncey Depew

and have some say in the programs and services that are accessible to consumers in Hamilton.

Voices of Experience has been around for two years and has created 29 placements for consumers on 13 Boards related to mental health and addictions.

We are currently looking for consumers that are interested in learning how to contribute to a meeting, and would like to sit on a Board of Directors in the city. **If you are interested**, please call The Mental Health Rights Coalition and speak with either Deb or Kate.

-Kate M

C'mon

C'mon walk with me
Exploring, explaining, examining
Till all things become clear

C'mon share with me
Hurting, healing, helping
It's the only way to survive

C'mon love with me
Revealing, relinquishing, realizing
It's the only way to dispel darkness

C'mon talk—words were meant for that
Enticing, expressing, enveloping
Till all things become clear

Connie B

Laugh Off The Winter At

"COMEDY CHEER UP"

Magician and Comedy Show

FREE

Thursday, January 25, 2007

1:30p.m.

35 Aikman Ave (Emmaus Place)

Hosted by Good Shepherd

RSVP at MHRC, 905-545-2525



A Publication of The Mental Health Rights Coalition

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E-mail: mentalhealthrights@bellnet.ca
www.mentalhealthrights.ca



YOU ARE WELCOME TO JOIN!

Membership to the Mental Health Rights Coalition is free. Becoming a Consumer member of the Mental Health Rights Coalition entitles you to:

- ◇ Vote at all General Meetings
- ◇ Receive Rights Stuff by mail
- ◇ Participate in drop-in programs
- ◇ Access our Resource Centre
- ◇ Sign up for bus trips
- ◇ Attend information forums
- ◇ Join internal committees
- ◇ Run for the Board of Directors

Though membership is free, we do require your name/address, and do keep it confidential. We do not ask your diagnosis or any medical information. **What you say in peer support stays in peer support.**

To become a member or a volunteer, please fill out the form provided and mail to the address on the front cover.

MEMBERSHIP APPLICATION

*Please Note: if you fill in your phone number and/or email, address. We will assume it is ok for us to contact you to give notice of important events or meetings.

Name: _____

Address: _____

City: _____

Postal Code: _____

*Phone: _____

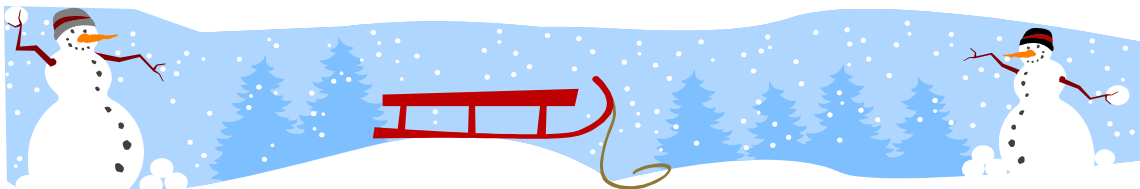
Birth Date: _____

Email: _____

Please Check One:

I am a consumer/survivor
(full privileges, as listed on the left)

I am not a consumer/survivor
(Limited privileges, and newsletter by email only)



DECEMBER 2006

Mon	Tue	Wed	Thu	Fri
				1 WRAP 1-3p.m.
4 Movie: Funny Bones	5 Decorate Tree & Treat 1p.m.	6	7 Decorate Cookies 12- 1p.m.	8 WRAP Party
11 Movie: Pirates ... Prepare Food for Party	12 Annual Christmas Party at MHRC 1-3p.m.	13 Christmas Card Making, 1-3p.m.	14	15
18 Movie: White Christmas	19	20	21	22
25 MHRC CLOSED Christmas Day	26 MHRC CLOSED Boxing Day	27	28	29

JANUARY 2007

Mon	Tue	Wed	Thu	Fri
1 MHRC CLOSED New Years Day	2 Collage Journaling	3 HPS Bus Trip: Royal Ontario Museum Peer Support Worker Meeting 1p.m. Mall Walk 1p.m.	4 Sign Up Sheet: Bulldog's Game (Feb. 7, 2007)	5
8 Movie: Wizard of Oz	9 Social Group, 1-3	10 Inspiration Group 1-3p.m. Peer Support Training Starts Newsletter Committee 11a.m	11 Reading Group Recovery Committee 1p.m.	12
15 Movie: Dead Poet's Society	16 Peer Support Volunteer Meeting 1-3p.m.	17 Mall Walk 1p.m. Peer Support Training	18 Arts and Crafts Recovery Committee 1pm	19
22 Movie: I Robot	23 Activity/Social Commit- tee Meeting, 1p.m.	24 Inspiration Group 1-3 Peer Support Training	25 MHRC CLOSED Comedy Cheer Up 1:30 (see add on page 8)	26
29 Movie: Forrest Gump	30	31 Peer Support Training		