



The PSO Update

Psychiatric Survivors of Ottawa is a registered charity (#899717961RR0001)
211 Bronson Ave., #313, Ottawa, ON, K1R 6H5 Tel: 613-567-4379 Fax: 613-567-4495
Website: www.pso-ottawa.ca E-mail: info@pso-ottawa.ca



Membership renewal for 2025-2026.

Members, please return your 2025-2026 membership form that was mailed to you or complete the 2025-2026 membership form on the website.

Annual General Meeting

**Thursday, November 20th at
5:00PM in Room 211 & on ZOOM**

Join us in person or virtually to hear what PSO has been up to, approve our Financial Audit and to vote in 5 new Board of Directors. **To be eligible to vote your membership form has to be returned to us by Nov. 19th and you must be a member for minimum 30 days.**

To attend the AGM in person or join virtually please register with Sean at seand@pso-ottawa.ca, 613-567-4379 ext.122.

For more information, please see our Membership and AGM package mailed or emailed to you.

Pictionary

**Monday, Nov. 10th from 6:00pm-7:30pm
on Zoom**

Join us for pictionary night with Shawnee. To get the link email shawneew@pso-ottawa.ca or call 613-567-4379 ext. 114.

Scattergories Game Night

**Monday, Nov. 17th from 4:30pm-6:00pm
in the Lounge (Room 314)**

Join us in person to play Scattergories. Will teach anyone who wants to learn, too! No registration required.

Birthday Cake Day

**Wednesday, Nov. 19th at 3:30pm
in the Lounge (Room 314)**



Join us to celebrate members' birthdays. Everyone is welcome, especially if you have a birthday this month! If you would like gluten free cake, please connect with us at info@pso-ottawa.ca by Nov.17th.

Zentangle Class

**Monday, Nov. 24th 4:30pm-6:30pm in the
Lounge (Room 314)**

Zentangle is a form of meditative drawing that is easy and fun. No registration needed.



Save the date for our Holiday Dinner!

**Monday, Dec. 1st at 5:30pm in Mac Hall
Sign up deadline is November 26th**

The Lounge will close at 4:00pm this day.

FoodWorks is catering turkey dinner to help us celebrate the festive season. **Sign up** with Jean at jeanp@pso-ottawa.ca or reception 613-567-4379. Please mention if you want the vegetarian option.

Karaoke

**Wednesday, Nov. 26th from
2:00pm-4:00pm in the Lounge**

Join us for some singing fun and cheer everyone on!

PSO's Executive Director message

Hello Everyone,

This year is moving like a runaway train and the AGM and Holiday are already upon us. Last year the members approved a new membership form with additional demographic information. Our new database is still in the works so we have decided not to ask for that information until we have a secure place to keep it. We will still be rolling that membership form out when the database is ready to go and will let you know all the details of how we are storing your information.

You will probably notice that the Holiday dinner is really early this year. The Bronson Centre is now home to a lunch club in Mac Hall and has become a major concert venue. This makes it harder to book the hall when we would like, but we are grateful they could make room for us. This year we are having dinner catered by FoodWorks, a social enterprise employing at-risk youth to gain valuable kitchen and catering skills. Their mission is to prevent homeless youth from becoming homeless adults.

Our October Gatineau Hike was a weird series of misadventures and unexpectedly closed ramps. I want to thank Team Sonja (now dubbed Rocky Road) and Team Ellie for their patience. Ice cream made it all better. Special kudos to Michelle for guiding us through the back roads.

October Volunteers

Massive thanks to our wonderful volunteers! You help make PSO such a great place to be! If you would like to volunteer, contact Werner at wernerz@psso-ottawa.ca

Amanda R.	Jess W. K.	Peter M.
Anthony G.	John P.	Peter T.
Anthony G.	Justina M.	Philip W.
Bailey L.	Lan N.	Racha A.
Brendan O.	Laurel D.	Ro D.
Candice C.	Leeanne V.	Sarah E.
Christie E.	Lucia P.	Shawn T.
Chrystelle N.	May G.	Shirley F.
Dejan S.	Mylene P.	Solomon H.
Ginny G.	Ocean O.	Sydney D.
Isabelle U.	Peggy C.	



Aquila T.	I.E. (Sandi) S.	Nat H.
Brittany H.	Ivan T.	Nathalie G.
Bruce P.	Jean-Pierre C.	Paul L.
Carlo V. T.	Jennifer B.	Quammy B.
Cheri P.	Jennifer D.	Rachel S.M.
Christie R.	Julie M.	Rod B.
Cindy W.	Karen F.	Samira W.
Colleen N.	Kirby S.	Sandra W.
Deborah H.	Kyle W.	Sandy R.
Diane M.	Lan N.	Sheri B.
Dominique Z.	Laurel J.	Stefania K.
Eirini B.	Lorraine P.	Steven D.
Eric P.	Marc G.	Tori G.
Gerry W.	May G.	Tyler C.
Hagen B.N. R.	Milah K.	

In person supports

Peer Support Group

Thurs., 1:00pm-2:30pm in Room 212

Join our supportive peer support volunteers for some in person mutual support. No registration required.

Recovery² (Recovery Squared)

Thurs., 5:30pm-7:00pm HYBRID in Room 211 and on Zoom.

Recovery² has a hybrid format, meaning it takes place in-person and online **simultaneously**. If you struggle with substance use while navigating mental health challenges, join our non-judgmental space. We take turns sharing from our own experience. To register for the online meeting, please contact Neko at nekob@psso-ottawa.ca or 613-567-4379 ext. 100. No registration is required to attend the in-person meeting.

The Lounge

Mon. & Wed. 12:00pm-7:00pm.

Tues., Thurs., & Fri., 12:00pm-4:00pm.

Sun., 12:00pm-4:00pm (No computers)

Peer support and the computer room are available Mon. to Fri. 12:00pm-4:00pm

Join us at the Bronson Centre in Rm 314 to enjoy some company, games, and just hang out.



Online supports

Please contact the person listed in the group description for the Zoom link or phone number or sign up via our website.

Hearing Voices/Parallel Realities

Tues., 3:30pm-4:45pm on Zoom

This weekly support group offers a safe space for anyone living with voices, visions or other experiences that some may regard as unusual. We provide a respectful, supportive and non-judgmental atmosphere and welcome the diversity of experiences and expertise that participants bring. To register, please contact Dana at danai@psso-ottawa.ca or 613-567-4379 ext. 223.

Community Transitions

Tues., 6:00pm-7:15pm on Zoom

In this group, we discuss the challenges and successes of transition after a recent discharge from inpatient mental health care while building social connections. For more information, the link to the meeting and the call-in number, please contact Yolaine at yolaineR@psso-ottawa.ca or 613-567-4379 ext. 205.

Rainbow Peers

Wed., 4:30pm-5:45pm on Zoom

A group where 2SLGBTQIA+ people of all ages (16+) gather to create a safe space to share about sexual orientation, gender identity, mental health and experiences accessing services. All identities are valued and welcome! For more information, registration and the call-in number, please contact Laura G. at 613-567-4379 ext. 201 or laurag@psso-ottawa.ca.

Online Peer Support Group

Wed., 1:00pm to 2:30pm on Zoom

The online Peer Support Group is on Wednesdays. For the link to the online meeting and the call-in number, please contact Dana at danai@pso-ottawa.ca or 613-567-4379 ext. 223

African Caribbean Black Peer Support Group

Wed., 7:00pm-8:30pm on Zoom

This is a safe and culturally responsive space for members of the African, Caribbean, and Black community living with mental health and/or substance use challenges to talk, share and support one another. Register with Souleyman at souleymanh@pso-ottawa.ca or 613-567-4379 ext. 219.

Family Support Newsletter

This e-newsletter offers information on free community resources, wellness strategies and more. To subscribe, contact Miranda at mirandae@pso-ottawa.ca

Family Peer Support Group

Mon., 6:30pm-8:30pm

In Person in Rm 212: Mon., Nov. 3rd & 17th

On Zoom: Mon., Nov. 10th & 24th

For information and the Zoom link, contact Sean, seand@pso-ottawa.ca, 613-567-4379 ext. 122.

For individual Family Peer Support, please contact Sean at seand@pso-ottawa.ca, 613-567-4379 ext.122.

Recreation @ PSO

Dows Lke walk is done for the year

Britannia Park Walk

Mon., 1:00pm-2:00pm

Meet Shawn at the trolley station for a lovely 1-hour walk. Email Cindy at cindyw@pso-ottawa.ca or 613-567-4379 ext. 113 with any questions.

The Virtual Drop-In

Mon. and Fri., 4:00pm-5:00pm on ZOOM

Join us to catch up & connect with all our peers! For more information and the Zoom link, please contact Shawnee at shawneew@pso-ottawa.ca or ext. 114.

Craft and Chat on Zoom

Thurs., 1:00pm-2:15pm

Up for some casual conversation and creativity? Whatever your craft is, bring it and hang out with us on Zoom or just come to chat! For the link to the meeting and the call-in number, please contact Cindy at cindyw@pso-ottawa.ca or at 613-567-4379 ext. 113.

Friday Night Games & Trivia

Fri., on Zoom 7:00pm-8:30pm

Games: Fri., Nov. 14th & 28th

Trivia: Fri., Nov. 7th & 21st

Come join us Friday nights for fun games and trivia. Two devices are needed: one to interact with us on Zoom and the other a smartphone or tablet to play along. (Or just come and hang out!) Register with Shawnee shawneew@pso-ottawa.ca or 613-567-4379 ext. 114.

Creative Expressions

Sat., 12:00pm to 2:00pm in Room 211

Join us for a friendly, non-judgmental art group where people can come and be creative. We provide a positive space and supplies for all types of art. All skill levels are welcome. Contact Cindy for more information cindyw@ps0-ottawa.ca or 613-567-4379 ext. 113

YMCA Adult Pass

PSO active members can have access to a reduced fee for an Adult Pass monthly for \$37.39 or a Day Pass for \$5.25/visit. You need to get a Client Referral Form from us and then take this signed form to the YMCA along with a government ID. YMCA will also ask you to fill out a YMCA Membership Registration Form. Contact Sonja at sonjac@ps0-ottawa.ca or 613-567-4379 ext. 111.

Friday Films

1:00pm in the Lounge



Nov 7th: The Materialists

Feel-Good Romance, Comedy. 1h56m.
Rating: 15

An ambitious young New York City matchmaker finds herself torn between the perfect match and her imperfect ex.

Nov. 14th: Jurassic World Rebirth

Dinosaur Adventure, Action, Sci-fi. **2h13m.**
Rating: PG-13

Five years post-Jurassic World: Dominion (2022), an expedition braves isolated equatorial regions to extract DNA from three massive prehistoric creatures for a groundbreaking medical breakthrough.

Nov. 21st: Black Bag

Psychological thriller, Spy, Drama, Mystery.
1h33m. Rating: 15

When intelligence agent Kathryn Woodhouse is suspected of betraying the nation, her husband - also a legendary agent - faces the ultimate test of whether to be loyal to his marriage, or his country.

Nov. 28th: Dil Bole Hadippa! **

Hindi, Comedy, Drama, Romance, Sport.
2h28m. Rating: PG **** start at 12:30 pm**

In a village where girls don't play cricket, Veera puts on a turban and beard and becomes Veer to fulfill her dreams and meets Rohan. And fun begins..

Support Resources

Distress Centre of Ottawa and Region

support line 24 hours a day, 7 days a week, at 613-238-3311, in French and English

988 Suicide Crisis Helpline

If you are thinking about suicide, or you're worried about someone else, you can now **call or text 9-8-8 toll free, any time** — lines are open 24/7/365. Everyone who calls 9-8-8 will reach a responder who will listen and provide support. If you need to wait for a short time, please stay with them and they will answer your call.

Before you connect to a responder:

- You will hear a brief recorded message to let you know you are in the right place.
- You will be able to choose whether you want to speak to someone in English or French.

Tel-Aide Outaouais 613-741-6433

www.dcottawa.on.ca,

www.telaideoutaouais.ca

Counselling Connect offers free counselling sessions over the phone or video call the same day or the next day. www.counsellingconnect.org

1Call 1Click help connect children, youth and their families (from birth to 21 years of age) to mental health and addiction services and resources. www.1call1click.ca

211 INFOLINE is a helpline that easily connects people to the social services, programs and community supports they need. <https://211ontario.ca/> Dial or text 211, or CHAT - <https://211ontario.ca/chat/>

The Hope for Wellness Help Line 24/7 for counselling and crisis intervention for Indigenous peoples of Canada. Toll free 1-855-242-3310.

AccessMHA help residents over the age 16 years connect to mental health and substance use health services. www.accessmha.ca

CONNEX Ontario Reach out to ConnexOntario any time via phone, text, live chat, or email for access to services. We're available 24/7, 365 days a year, to provide information and compassionate support for mental health, addiction and problem gambling. You can call for yourself, a loved one, or a client. 1-866-531-2600 <https://connexontario.ca/> Text CONNEX to 247247

The Walk-In Counselling Clinic (613-755-2277) offers free counselling without an appointment. Sessions are offered in French, English, Arabic, Spanish, Somali, Cantonese, and Mandarin by phone or video call. <https://walkincounselling.com/>



A Friendly Voice 8:00am-10:00pm, 7 days/wk. Free, confidential "warm line" offering phone-based connection for older Ontarians 55+ who just want to chat with a friendly person who cares. Ottawa area: 613-692-9992 Toll free: 1-855-892-9992

Health 811 A free, secure and confidential service you can call or access online 24/7 to get health advice from a registered nurse or find health services or information. health811@ontario.ca or call 811

Keep In Touch with Us

Additions to our online programming and scheduling updates are listed on all our Social Media sites.



Instagram @PSOttawa



Website www.pso-ottawa.ca/



Facebook

<https://www.facebook.com/groups/513011506046018/>

<https://www.facebook.com/psychiatricsurvivorsottawa@psychiatricsurvivorsottawa> Not monitored on a regular basis. Please adhere to PSO's, as well as our Facebook group's codes of conduct.

Community Activities

Creative Café

Friday, Nov. 21st, 5:00pm-7:00pm, Room 211/212

A space to perform your craft in front of an audience – and of course, have some fun! Checkout

<https://creativecafecafecreatif.com/> for more information or connect with info@creativecafecafecreatif.com

PSO Support Calendar: November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct. 26	27 • Family Peer Support On Zoom	28 • Hearing Voices/ Parallel Realities • Community Transitions	29 • Online Peer Support Group • Rainbow Peers • ACB Peer Support • Family Dialogue	30 • In Person Peer Support Group • Recovery ² Hybrid	31	Nov. 1 • Creative Expressions
2	3 • Family Peer Support In Person	4 • Hearing Voices/ Parallel Realities • Community Transitions	5 • Rainbow Peers • Family Dialogue • ACB Peer Support • Family Dialogue	6 • In Person Peer Support Group • Recovery ² Hybrid	7	8 • Creative Expressions
9	10 • Family Peer Support On Zoom	11 • Hearing Voices/ Parallel Realities • Community Transitions	12 • Online Peer Support Group • Rainbow Peers • ACB Peer Support • Family Dialogue	13 • In Person Peer Support Group • Recovery ² Hybrid	14	15 • Creative Expressions
16	17 • Family Peer Support In Person	18 • Hearing Voices/ Parallel Realities • Community Transitions	19 • Online Peer Support Group • Rainbow Peers • ACB Peer Support • Family Dialogue	20 • In Person Peer Support Group • Recovery ² Hybrid	21	22 • Creative Expressions
23	24 • Family Peer Support On Zoom	25 • Hearing Voices/ Parallel Realities • Community Transitions	26 • Online Peer Support Group • Rainbow Peers • ACB Peer Support • Family Dialogue	27 • In Person Peer Support Group • Recovery ² Hybrid	28	29 • Creative Expressions
30						

Support Groups Time and Location (in alphabetical order)

- **ACB - African, Caribbean, Black Peer Support Group** [Wednesdays 7:00pm-8:30pm on Zoom]
- **Community Transitions** [Tuesdays 6:00pm-7:15pm on Zoom]
- **Creative Expressions** [Saturdays 12:00pm-2:00pm in Room 211]
- **Family Dialogue** [Wednesdays 6:30-8:30pm on Zoom.]
- **Family Peer Support** [Mondays 6:30pm-8:30pm in Rm.212 or on Zoom]

- **Hearing Voices/Parallel Realities** [Tuesdays 3:30pm-4:45pm on Zoom]
- **In Person Peer Support Group** [Thursdays 1:00pm-2:30pm in Room 212]
- **Online/phone Peer Support Group** [Wednesdays 1:00pm-2:30pm on Zoom]
- **Rainbow Peers** [Wednesdays 4:30pm-5:45pm on Zoom]
- **Recovery² HYBRID** [Thursdays 5:30pm-7:00pm in Room 211 or on Zoom]

PSO Activity Calendar: November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct. 26 Lounge Open	27 - Lounge Open - Britannia Walk - Virtual Drop In	28 - Lounge Open - Writers' Collective	29 Lounge Open	30 - Lounge Open - Craft and Chat	31 Movie: <i>Slash/Back</i> - Lounge Open - Virtual Drop In - Games	Nov. 1 Creative Expressions
2 Lounge Open	3 - Lounge Open - Britannia Walk - Virtual Drop In	4 Lounge Open	5 Lounge Open	6 - Lounge Open - Craft and Chat	7 Movie: <i>The Materialists</i> - Lounge Open - Virtual Drop In - Trivia	8 Creative Expressions
9 Lounge Open	10 - Lounge Open - Britannia Walk - Virtual Drop In Pictionary	11 Lounge Open	12 Lounge Open	13 - Lounge Open - Craft and Chat	14 Movie: <i>Jurassic World Rebirth</i> - Lounge Open - Virtual Drop In - Games	15 Creative Expressions
16 Lounge Open	17 - Lounge Open - Britannia Walk - Virtual Drop In Scattergories Game Night	18 Lounge Open	19 - Lounge Open Birthday Cake Day	20 ANNUAL GENERAL MEETING - Lounge Open - Craft and Chat	21 Movie: <i>Black Bag</i> - Lounge Open - Virtual Drop In - Trivia - Creative Cafe	22 Creative Expressions
23 Lounge Open	24 - Lounge Open - Britannia Walk - Virtual Drop In Zentangle	25 Lounge Open	26 - Lounge Open Karaoke	27 - Lounge Open - Craft and Chat	28 Movie: <i>Dil Bole Hadippa!</i> ** Starts 12:30pm - Lounge Open - Virtual Drop In - Games	29 Creative Expressions
30 Lounge Open						
Annual General Meeting [Thurs. Nov. 20th 5:00pm Rm 211 and on Zoom] Birthday Cake Day [Wed. 19th. 3:30pm Rm 314 (Lounge)] Britannia Park Walk [Mon, 1:00pm-2:00pm] Craft and Chat [Thurs. 1:00pm-2:15pm on Zoom]		Creative Café [Friday, 21st, 5:00-7:00, Room 211] Creative Expressions [Sat. 12:00pm-2:00pm Rm 211] Games [<u>Alternate</u> Fri. 7:00pm-8:30pm on Zoom] Karaoke [Wed. 26th, 2:00pm-4:00pm in Lounge in room 314 [Tues., Thurs., Fri., Sun. 12:00pm-4:00pm, Mon. & Wed. 12:00pm-7:00pm (Lounge)] Movies [Fri. 1:00pm in Rm 314]		Pictionary [Mon. 10th, 6:00-7:30pm on Zoom] Scattergories Game Night [Mon. 17th. 4:30-6:30pm in the lounge] Trivia [<u>Alternate</u> Fri. 7:00pm-8:30pm on Zoom] Virtual Drop In [Mon. & Fri. 4:00pm-5:00pm on Zoom] Zentangle [Mon. 4:30-6:30pm in Rm 314 (Lounge)]		

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