



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

PSO WILL BE CLOSED
 Monday, May 19th for Victoria Day

Dows Lake Walk (Returns!)

Wednesdays 11:30 am (Meet on the South East Corner of Preston and Carling)
 Join us for a walk around Dows Lake. Meet Phil and Lucia on the south east corner of Preston and Carling. To get on notification list Email Cindy at cindyw@pso-ottawa.ca or 613-567-4379 ext.113.

Super Big Boggle Game Night

Monday, May 5th from 4:00pm-6:00pm in the Lounge (Room 311)
 Join us in person for some fun on our Super Big Boggle game night. We will teach everyone how to play.

Birthday Cake Day

Wednesday, May 14th at 3:30pm in the Lounge (Room 314)

Join us to celebrate members' birthdays. Everyone welcome, especially if you have a birthday this month and can come in for some yummy cake!



Pictionary

Monday, May 26th from 7:00pm -8:30pm on Zoom

Join us for fun drawing game online. To get link, please contact Shawnee at shawneew@pso-ottawa.ca or ext. 114.

Tulip Festival Walk

Monday, May 12th at 2:00pm-4:00pm at Commissioners Park.

Meet at Dows Lake Pavilion

Join us to enjoy the spring beauty as we walk through the tulips at Commissioners Park. Register with reception at 613-567-4379.

Karaoke

Wednesday, May 21st from 2:00pm-4:00pm in the Lounge (Room 314)

Come on in and sing some of your favourite tunes!

Travel Photos Show!

Thursday, May 29th 2:00-4:00PM, in the Lounge (Room 314)

By popular demand, Sonja will share some highlights of her trip to Vietnam and Cambodia. Come join us for photos and stories.

Community Activity

Creative Café – is back!

Friday May 16th 5:00-7:00PM, Room 211

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

Please note: OC Transpo routes have changed, so please check your route. The #10 bus still goes by PSO's door.



April 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@pso-ottawa.ca

- Anthony G. Isabelle U. Peter M.
Brendan O. Jess W. K. Peter T.
Candice C. John P. Philip W.
Cassidy P. Justina M. Racha A.
Charlie H. Lan N. Rico B.
Christie E. Lucia P. Ro D.
Courtney B. Leeanne V. Sandi S.
Debbie W. Marcus S. Sarah E.
Dejan S. May G. Shawn T.
Gail S. Mylene P. Shirley F.
Ginny G. Ocean O. Shy O.
Peggy C. Sydney D.



- Andi F. Glendyn K. Mark P.
André B. Jean-Marc F. Matthew L.
Anne R. John F. Roman D.
Brendan O. Julie T. Ryan G.
Brooke H. Kathleen C. Sara B.
Christine E. Len S. Sheila P.
Deborah W. Lorielle B. Sheri McC.
Erica A. Madeleine K. Terrance F.
Fareen L. Marguerite C.
Gabriel S. Mark P.

PSO's Executive Director message

Hi Everyone,

It's finally starting to feel like spring and I'm hoping my solar batteries will have a chance to recharge. It's just in time, too. All the election and political news can really leave me feeling sad and stressed, so some energy is welcome.

Someone recently told me the opposite of triggers are glimmers. Where triggers are something that affects your emotional state negatively, glimmers are things that bring you pleasurable feelings. They don't have to be big or lasting things - just hearing a bird singing, a moment of feeling the sun on my face or a cute puppy looking out a car window. They're the things to which I don't necessarily pay attention if I'm busy or overwhelmed or experiencing big feelings. Right now, there's so much going on for me personally, for people I care about, plus there is a lot of pain happening in the world for many reasons that it feels important to see beyond all the triggers and to pay attention to the glimmers. They are the moments that give me little shots of hope and keep me working towards something better. I hope you all are able to see some glimmers, too.



In person supports

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

**** Closed May 19th**

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

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@pso-ottawa.ca or 613-567-4379 ext. 100. No registration is required to attend the in-person meeting.

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.



peer support

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 dana@pso-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@pso-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, celebrated and welcome! For more information, registration and the call-in number, please contact Laura G. at laurag@pso-ottawa.ca or 613-567-4379 ext. 201.

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 dana@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

Family Peer Support Group

Mon., 6:30pm-8:30pm in Rm 212 or on Zoom

On Zoom: May 12th

In person: May 5th & 26th

****No Group May 19th**

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.

Family Support Newsletter

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

Recreation @ PSO

Britannia Park Walk

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

NO WALK May 19th Victoria Day

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 on Zoom

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

***** No group May 19th**

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.

Subsidized 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 Cheri P. You can 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 Cheri at cherip@pso-ottawa.ca or 613-567-4379 ext.115.

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.

Creative Expressions

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

Join Brooke and Cindy 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 Brooke for more information brookec@pso-ottawa.ca or 613-567-4379 ext. 221.

Friday Films at 1:00pm in the Lounge



May 2nd: The Instigators

Buddy comedy, Caper, Action. 1h 41m.
Rating: 15

Follows two robbers who must go on the run with the help of one of their therapists after a theft doesn't go as planned.

May 9th: I'm Still Here **Subtitled

Docudrama, Biography, History,
2h 17 m. Rating 15

A woman married to a former politician during the military dictatorship in Brazil is forced to reinvent herself and chart a new course for her family after a violent and arbitrary act.

May 16th: A Complete Unknown

Docudrama, Biography, Music, Period Drama. 2h 21m. Rated 15

**Start at 12:30pm

In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world.

May 23rd: A Different Man

Dark Comedy, Drama, Thriller.

1h 52m. Rated 15

An aspiring actor undergoes a radical medical procedure to drastically transform his appearance, but his new dream face quickly turns into a nightmare.

May 30th: Janet Planet

Drama. 1h 53m. Rated PG-13

In rural Western Massachusetts, 11-year-old Lacy spends the summer of 1991 at home, enthralled by her own imagination and the attention of her mother, Janet. As the months pass, three visitors enter their orbit, all captivated by Janet.

Community Activity

Creative Café

**Next Dates: Friday, May 16th & June 20th
5:00-7:00pm, 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

Creativity Corner

Please submit artwork and poems to Sonja at sonjac@pso-ottawa.ca

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

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

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.

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.

PSO Support Calendar: May 2025

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

- **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 Peer Support** [Mondays 6:30pm-8:30pm in Room 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: May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 27 • Lounge Open	28 • Lounge Open • Britannia Walk • Virtual Drop In	29 • Lounge Open	30 • Lounge Open • Dows Lake Walk	May 1 • Lounge Open • Craft and Chat	2 • Movie: The Instigators • Lounge Open • Virtual Drop In • Games	3 • Creative Expressions
4 • Lounge Open	5 • Lounge Open- New Game night • Britannia Walk • Virtual Drop In	6 • Lounge Open	7 • Lounge Open • Dows Lake Walk	8 • Lounge Open • Craft and Chat	9 • Movie: I'm Still Here (subtitles) • Lounge Open • Virtual Drop In • Trivia	10 • Creative Expressions
11 • Lounge Open	12 • TULIP FESTIVAL OUTING • Lounge Open • Britannia Walk • Virtual Drop In	13 • Lounge Open	14 • Birthday Cake Day • Lounge Open • Dows Lake Walk	15 • Lounge Open • Craft and Chat	16 • Movie: A Complete Unknown**12:30 pm • Lounge Open • Virtual Drop In • Games • Creative Café	17 • Creative Expressions
18 • Lounge Open	19 CLOSED for VICTORIA DAY	20 • Lounge Open	21 • Karaoke (2:00-4:00) • Lounge Open • Dows Lake Walk	22 • Lounge Open • Craft and Chat	23 • Movie: A Different Man • Lounge Open • Virtual Drop In • Trivia	24 • Creative Expressions
25 • Lounge Open	26 • Lounge Open- • Britannia Walk • Virtual Drop In • Pictionary	27 • Lounge Open	28 • Lounge Open • Dpws Lake Walk	29 • Lounge Open • Craft and Chat • Travel Photos	30 • Movie: Janet Planet • Lounge Open • Virtual Drop In • Games	31 • Creative Expressions

<ul style="list-style-type: none"> • Birthday Cake Day [Wed. 3:30pm in Rm 314 (lounge)] • Britannia Park Walk [Mon. 1:00pm-2:00pm] • Craft and Chat [Thurs. 1:00pm-2:15pm on Zoom] • Creative Café [Fri. 5:00pm-7:00pm in Rm 211/212] • Creative Expressions [Sat. 12:00pm-2:00pm in Rm 211] 	<ul style="list-style-type: none"> • Dows Lake Walk [Weds., 11:30 am. Meet on the South East corner of Preston and Carling] • Games [Alternate Fri. 7:00pm-8:30pm on Zoom] • Karaoke [Wed., 2:00pm-4:00pm in lounge] • Lounge in room 314 [Tues., Thurs., Fri., Sun. 12:00pm-4:00pm, Mon. & Wed. 12:00pm-7:00pm] • Movies [Fri. 1:00pm in Rm 314] 	<ul style="list-style-type: none"> • New Game Night – Super Big Boggle [Mon., 4:00pm in Lounge] • Tulip Festival Outing [Mon. 2:00pm-4:00pm] • Travel Photos [Thursday, 2:00pm-4:00pm in Rm 314] • Trivia [Alternate Fri. 7:00pm-8:30pm on Zoom] • Virtual Drop In [Mon. & Fri. 4:00pm-5:00pm on Zoom]
--	---	--