



# 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](http://www.pso-ottawa.ca) E-mail: [info@pso-ottawa.ca](mailto:info@pso-ottawa.ca)

## Birthday Cake Day

Tuesday, April 15<sup>th</sup> at 3:30pm in the Lounge (Room 314)

**\*\*note new weekday this month**

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



## Pool (Billiards) outing

Wednesday, April 16<sup>th</sup> 1:00-3:00pm  
The Orange Monkey, 250 City Centre Ave.

Join us for fun and friendly games of pool at The Orange Monkey. Meet us there at 1:00pm. To register call reception at 613-567-4379 by April 14<sup>th</sup>

## Karaoke

Wednesday, April 23<sup>rd</sup> from 4:00pm-6:00pm in the Lounge (Room 314)

Come on in and sing some of your favourite tunes!

## Wingspan Learning Evening

Monday, April 28<sup>th</sup> from 4:00-6:00pm in the lounge (Room 314)

Want to learn how to play Wingspan?? Please join us for an evening of learning with Sydney in the lounge. Sign up by April 22<sup>nd</sup> at the reception desk or call 613-567-4379.



## PSO WILL BE CLOSED

Friday, April 18<sup>th</sup> for Good Friday and Monday, April 21<sup>st</sup> for Easter

## OC Transpo Bus Changes Information Sessions

1. Friday, April 4<sup>th</sup> from 1:00-3:00PM @ 2100 Russell Road (ALL WARD public housing info session)
2. Monday, April 7<sup>th</sup> from 7:15-8:45PM @ Jack Purcell Community Centre and Pool from - 320 Jack Purcell Lane.
3. Tuesday, April 15<sup>th</sup> from 6:00-8:00PM @ Richelieu-Vanier Community Centre - 300 Des Pères-Blancs Ave.
4. Friday, April 25<sup>th</sup> from 6:00-8:00PM @ Sandy Hill Community Centre

For more information check website:

<https://www.octranspo.com/en/news/article/questions-about-the-upcoming-new-ways-to-bus-network>

## Friday Night Games & Trivia

7:00pm-8:30pm

Trivia: Fri., April 4<sup>th</sup> & April 25<sup>th</sup>

Games: Fri., April 11<sup>th</sup> – New Game

**\*\*\*No group on April 18<sup>th</sup> for Easter**

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 at [shawneew@pso-ottawa.ca](mailto:shawneew@pso-ottawa.ca) or 613-567-4379 ext. 114.

## March 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](mailto: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. | Leeanne V   | Ro D.      |
| Courtney B. | Marcus S.   | Sandi S.   |
| Debbie W.   | May G.      | Sarah E.   |
| Dejan S.    | Mylene P.   | Shawn T.   |
| Francis L.  | Ocean O.    | Shirley F. |
| Ginny G.    |             | Shy O.     |



- |             |             |            |
|-------------|-------------|------------|
| Angela D.   | Jean H.     | Peter M.   |
| Anna B.     | Johanna F.  | Romina M.  |
| Asma G.     | Karen S.    | Saby B.    |
| Brian A.    | Kelly M.    | Shannon    |
| Cynthia K.  | Kerri G.    | H.         |
| Devon G.    | Liam P.     | Sheila A.  |
| Erin C.     | Maria S.    | Stephanie  |
| Gbolahan S. | Michelle L. | H.         |
| Guy D.      | Nicole K.   | Steven W.  |
| Imelda D.   | Paul M.     | Sue W.     |
|             | Pavan G.    | Theresa H. |

## Co-op Student farewells

We were fortunate again to have co-op students from Algonquin College and Carleton U. at PSO this year. Liam spent a full school year with us and has been a great support to PSO. Victoria has been with PSO since January and we have really enjoyed having her with us.

**Drop by the Lounge April 7th at 2pm to say goodbye to Liam and Victoria.**

*A note from Liam, Co-op Student:*

Thank you to the members and staff of PSO for allowing me to complete my school placement at PSO. My time here has given me a newfound appreciation of Peer Support and the wonders it works. Thank you to everyone who shared a laugh, a conversation, and a lived experience with me. Best of luck in all your future endeavours. Liam P.

## PSO's Executive Director message

Hi Everyone,

I'm back and re-energized for the spring. Good thing, too, because there is a lot in the pipeline for PSO this year. I'm excited that we will be back providing peer support in the Civic Hospital soon and waiting for the funding to flow to get started in the General.

We are also doing the prep work on the west-end HART HUB for substance use and mental health. PSO is working with a group of supports to create an alternative to the Emergency Department for people needing to be seen for non-medical substance use and/or mental health crises. We have heard we will be funded and are planning and waiting for the funding letter.

I want to send a shout out to our buddy, Shawn B. Who volunteered in the lounge and then worked for PSO offering peer support in the Queensway-Carleton hospital. He did a fantastic job, and we miss having him around. I wish him luck in his next adventure and hope he drops in the lounge to visit with us.

## 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 April 18<sup>th</sup> and April 21<sup>st</sup>**

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

### Recovery<sup>2</sup> (Recovery Squared)

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

Recovery<sup>2</sup> 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](mailto: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](mailto: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](mailto: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 call-in number, please contact Laura G. at [laurag@pso-ottawa.ca](mailto: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@psso-ottawa.ca](mailto:dana@psso-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@psso-ottawa.ca](mailto:souleymanh@psso-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:** April 7<sup>th</sup> and 28<sup>th</sup>

**In person:** April 14<sup>th</sup>

For information and the Zoom link, contact Sean, [seand@psso-ottawa.ca](mailto:seand@psso-ottawa.ca). 613-567-4379 ext. 122.

**For individual Family Peer Support, please** contact Sean at [seand@psso-ottawa.ca](mailto:seand@psso-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@psso-ottawa.ca](mailto:beataz@psso-ottawa.ca)

## Recreation @ PSO

### Britannia Park Walk

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

Meet Shawn at the trolley station for a lovely 1-hour walk. Email Cindy at [cindyw@psso-ottawa.ca](mailto:cindyw@psso-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 April 18<sup>th</sup> and 21<sup>st</sup>**

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

### Subsidized YMCA Adult Pass

Y Passes are on hold we have the new agency agreements. Please give us a call before dropping in to see if the new passes have arrived yet!

### 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@psso-ottawa.ca](mailto:cindyw@psso-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](mailto:brookec@pso-ottawa.ca) or 613-567-4379 ext. 221.



## Friday Films at 1:00pm in the Lounge

### April 4<sup>th</sup>: Flow

*Animal Adventure, Computer Animation, Family, Fantasy. 1h 25m. Rating: U*

Cat is a solitary animal, but as its home is devastated by a great flood, he finds refuge on a boat populated by various species, and will have to team up with them despite their differences.

### April 11<sup>th</sup>: Conclave

*Conspiracy Thriller, Drama. 2h. Rating 12A*

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue that could shake the very foundation of the Catholic Church.

### April 25<sup>th</sup>: Memoir of a Snail

*Adult Animation, Stop Motion Animation, Drama. 1h 35m. Rated 15*

A bittersweet memoir of a melancholic woman called Grace Pudel - a hoarder of snails, romance novels, and guinea pigs.

## Community Activity

### Creative Café

**\*\*\* No Café in April due to Easter.**

**Next Dates: Friday, May 16<sup>th</sup> and June 20<sup>th</sup>**

**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://creativecafefecafecreatif.com/> for more information or connect with [info@creativecafefecafecreatif.com](mailto:info@creativecafefecafecreatif.com)

## 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](http://www.dcottawa.on.ca),

[www.telaideoutaouais.ca](http://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](http://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](http://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/>

**AccessMHA** help residents over the age 16 years connect to mental health and substance use health services. [www.accessmha.ca](http://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

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

**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](mailto: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/](http://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.

## Creativity Corner

Please submit artwork and poems to Sonja at [sonjac@pso-ottawa.ca](mailto:sonjac@pso-ottawa.ca)

### Again & Again

Down in the lane  
Where there is no pain  
Let's tread again & again  
All will be gained  
Down in the lane  
Hand in hand again & again  
Together we tread  
To tackle all pain  
Gain at the end  
Again & Again

By Manjit S.

# PSO Support Calendar: April 2025

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

<ul style="list-style-type: none"> <li>• <b>ACB - African, Caribbean, Black Peer Support Group</b> [Wednesdays 7:00pm-8:30pm on Zoom]</li> <li>• <b>Community Transitions</b> [Tuesdays 6:00pm-7:15pm on Zoom]</li> <li>• <b>Creative Expressions</b> [Saturdays 12:00pm-2:00pm in Room 211]</li> <li>• <b>Family Peer Support</b> [Mondays 6:30pm-8:30pm in Room 212 or on Zoom]</li> <li>• <b>Hearing Voices/Parallel Realities</b> [Tuesdays 3:30pm-4:45pm on Zoom]</li> </ul>	<ul style="list-style-type: none"> <li>• <b>In Person Peer Support Group</b> [Thursdays 1:00pm-2:30pm in Room 212]</li> <li>• <b>Online/phone Peer Support Group</b> [Wednesdays 1:00pm-2:30pm on Zoom]</li> <li>• <b>Rainbow Peers</b> [Wednesdays 4:30pm-5:45pm on Zoom]</li> <li>• <b>Recovery<sup>2</sup> HYBRID</b> [Thursdays 5:30pm-7:00pm in Room 211 or on Zoom]</li> </ul>
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**Psychiatric Survivors of Ottawa 211 Bronson Ave, #313, Ottawa, ON K1R 6H5 Tel: 613-567-4379 Fax: 613-567-4495**

# PSO Activity Calendar: April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mar. 30</b> • Lounge Open	<b>31</b> • Lounge Open • Britannia Walk • Virtual Drop In	<b>April 1</b> • Lounge Open	<b>2</b> • Lounge Open	<b>3</b> • Lounge Open • Craft and Chat	<b>4</b> • <b>Movie: Flow</b> • Lounge Open • Virtual Drop In • Trivia	<b>5</b> • Creative Expressions
<b>6</b> • Lounge Open	<b>7</b> • Lounge Open • Britannia Walk • Virtual Drop In	<b>8</b> • Lounge Open	<b>9</b> • Lounge Open	<b>10</b> • Lounge Open • Craft and Chat	<b>11</b> • <b>Movie: Conclave</b> • Lounge Open • Virtual Drop In • <b>New Game!!</b>	<b>12</b> • Creative Expressions
<b>13</b> • Lounge Open	<b>14</b> • Lounge Open • Britannia Walk • Virtual Drop In	<b>15</b> • <b>Birthday Cake Day</b> • Lounge Open	<b>16</b> • <b>Pool Outing at The Orange Monkey</b> • Lounge Open	<b>17</b> • Lounge Open • Craft and Chat	<b>18</b> <b>PSO CLOSED For Good Friday</b>	<b>19</b> • Creative Expressions
<b>20</b> • Lounge Open	<b>21</b> <b>PSO CLOSED For Easter Monday</b>	<b>22</b> • Lounge Open	<b>23</b> • <b>Karaoke (4:00-6:00)</b> • Lounge Open	<b>24</b> • Lounge Open • Craft and Chat	<b>25</b> • <b>Movie: Memoir of a Snail</b> • Lounge Open • Virtual Drop In • Trivia	<b>26</b> • Creative Expressions
<b>27</b> • Lounge Open	<b>28</b> • Lounge Open • Britannia Walk • Virtual Drop In • <b>Wingspan How-to</b>	<b>29</b> • Lounge Open	<b>30</b> • Lounge Open	<b>May 1</b> • Lounge Open • Craft and Chat	<b>2</b> • <b>Movie: TBD</b> • Lounge Open • Virtual Drop In • Games	<b>3</b> • Creative Expressions

<ul style="list-style-type: none"> <li>• <b>Birthday Cake Day</b> [Tues. 3:30pm in Rm 314 (lounge)]</li> <li>• <b>Britannia Park Walk</b> [Mon. 1:00pm-2:00pm]</li> <li>• <b>Craft and Chat</b> [Thurs. 1:00pm-2:15pm on Zoom]</li> <li>• <b>Creative Café (cancelled for April)</b> [Fri. 5:00pm-7:00pm in Rm 211/212]</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Creative Expressions</b> [Sat. 12:00pm-2:00pm in Rm 211]</li> <li>• <b>Games</b> [Alternate Fri. 7:00pm-8:30pm on Zoom]</li> <li>• <b>Karaoke</b> [Wed., 4:00pm-6:00pm in lounge]</li> <li>• <b>Lounge in room 314</b> [Tues., Thurs., Fri., Sun. 12:00pm-4:00pm, Mon. &amp; Wed. 12:00pm-7:00pm]</li> <li>• <b>Movies</b> [Fri. 1:00pm in Rm 314]</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pool Outing</b> [Wed. 1:00-3:00pm at Orange Monkey, 250 City Centre Ave.]</li> <li>• <b>Trivia</b> [Alternate Fri. 7:00pm-8:30pm on Zoom]</li> <li>• <b>Virtual Drop In</b> [Mon. &amp; Fri. 4:00pm-5:00pm on Zoom]</li> <li>• <b>Wingspan- Learn to play</b> [Mon. 4:00-6:00pm in lounge]</li> </ul>
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