



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

Birthday Cake Day

Wednesday, March 12th 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 come in for some yummy cake!

St. Patrick's Day Pictionary

Monday March 17th
7:00pm-8:30pm on Zoom



Join us for some St. Paddy's day themed Pictionary on Zoom.



Karaoke

Wednesday, March 19th
from 2:00pm-4:00pm in the
Lounge (Room 314)

Come on in and sing some of your favourite tunes!

PSO's Executive Director message

We look forward to Sonja's return from her travels and wish her a great holiday and safe stay abroad. Her messages will return in the April PSO Update.



Sugar Bush Outing

Wednesday, March. 26th 10:00am-2:00pm
Meet in the lobby at Bronson Centre

****Bus leaves Bronson Centre at 10:00 am. And Stanley's at 1:00pm. Sign up starts March 3rd until 19th.**

****Lounge closed from 12:00pm-4:00pm and open from 4:00pm-7:00pm**

Nothing says spring is coming like maple syrup! We are heading back to see our friends at Stanley's Olde Maple Lane Farm to visit with the animals, take a sleigh ride through the bush and, of course, eat some delicious buffet food all covered with maple syrup. Spots will be limited so please sign up in advance with Cheri cherip@pso-ottawa.ca or with reception.

Community Activity

Creative Café

Friday March 21st 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://creativecafefecreatif.com/> for more information or connect with info@creativecafefecreatif.com

HAPPY
Birthday

- | | | |
|--------------|------------|-------------|
| Adrianna C. | Hosnara B. | Nicole S. |
| Akemi F. | James M. | Nina S. |
| Alexandra S. | Jared D. | Ocean O. |
| Alexis L. | John P. | Pierre D. |
| Andrew Y. | Karla N. | Rachel T. |
| Angela D. | Kim B. | Rhea F. |
| Anthony G. | Kira M. | Richard M. |
| Ashley F. | Kristen M. | Rose T. |
| Ayad F. | Kyerah D. | Rose-Marie |
| Caroline C. | Leeanne V. | R. |
| Chantal B. | Leonard J. | Ruby U. |
| Christine C. | Liban J. | Ryan D. |
| Crystal S. | Lisa G. | Sarah E. |
| Dale D. | Magda S. | Sarra R. |
| Dillon Q. | Makeda M. | Shawna M. |
| Doug V. | Mathew T. | Solomon M. |
| Elena B. | Max R. | Soo T. |
| Eva S. | Maxime A. | Tara D. |
| Hayden R. | Meryem J. | Tori H. |
| Heather G. | Natalie L. | Victor S. |
| Heather J. | | Victoria H. |

February 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 | Jess W. K. | Peter T. |
| Candice C. | John P. | Philip W. |
| Cassidy | Justina | Racha |
| Christie E. | Lan N. | Rico B. |
| Courtney B. | Leeanne V | Ro D. |
| Debbie | Marcus S. | Sandi S. |
| Dejan S. | May G. | Sarah E. |
| Ginny G. | Mylene P. | Shawn T. |
| | Ocean O. | Shirley F. |



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 is available Mon. to Fri. 12:00pm-4:00pm

**** Wed. Mar. 26th lounge open 4:00pm-7:00pm only**

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.



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@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 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 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

Family Peer Support Group

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

In person: Mar. 3rd, 17th & 31st.
On Zoom: Mar. 10th & 24th. For information and the Zoom link, contact Sean at 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

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.

Subsidized YMCA Adult Pass

Active PSO members can have access to a reduced fee for a monthly Adult Pass 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.

The Virtual Drop-In on Zoom

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

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.

Friday Night Games & Trivia

7:00pm-8:30pm

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

Trivia: Fri., Mar. 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 at shawneew@pso-ottawa.ca or 613-567-4379 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.

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



Mar. 7th: Maria

Period Drama, tragedy, biography, Music.
2h 4m. Rating: 12A

Maria Callas, the world's greatest opera singer, lives the last days of her life in 1970s Paris, as she confronts her identity.

Mar. 14th: Saturday Night

Docudrama, Biography, Comedy, History.
1h 49min. Rating 15

At 11:30pm on October 11th, 1975, a ferocious troupe of young comedians and writers changed television forever. Find out what happened behind the scenes in the 90 minutes leading up to the first broadcast of Saturday Night Live (1975).

Mar. 21st: A Real Pain

Buddy Comedy, Drama. 1h 30m. Rated 15

Mismatched cousins reunite for a tour through Poland to honor their beloved grandmother, but their old tensions resurface against the backdrop of their family history.

Mar. 28th: Wicked**

Fairy Tale, Pop Musical. Fantasy, Romance. 2h 40m. Rated PG

** 12:30pm start time

Elphaba, a misunderstood young woman because of her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.

Support Resources**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.

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

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/>

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

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 or call 811

Keep In Touch with Us

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



Follow us at X

<https://twitter.com/PSOannounce>
[@PSOannounce](https://twitter.com/PSOannounce)



Instagram @PSOttawa



Website www.pso-ottawa.ca/



Facebook

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

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

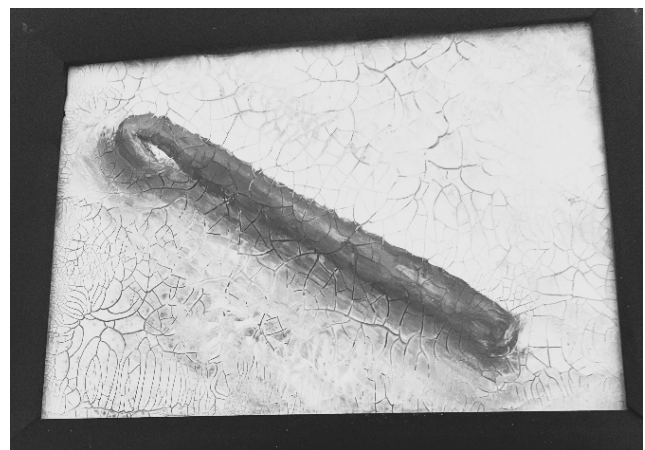


Creativity Corner

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

Strain

There are many strains of stress
Anxiety and depression
In and around us
To be mindful and addressing
Is the game
Strains will come and go
In this game
The best way to manage stress is
To never take it in the lane
And to break it all
Into easy manageable tasks
In your daily frame
Mix it all
Well with the breaks and game
Is the best way to manage any stress
Anxiety or depression again
Strain, no strain, is the game
By Manjit S.



Crochet Hook by Elia

PSO Support Calendar: March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb. 23	24 • Family Peer Support On Zoom	25 • Hearing Voices/ Parallel Realities • Community Transitions	26 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	27 • In Person Peer Support Group • Recovery ² Hybrid	28	Mar. 1 • Creative Expressions
2	3 • Family Peer Support In Person	4 • Hearing Voices/ Parallel Realities • Community Transitions	5 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	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	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	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	27 • In Person Peer Support Group • Recovery ² Hybrid	28	29 • Creative Expressions
30	31 • Family Peer Support In person	April 1 • Hearing Voices/ Parallel Realities • Community Transitions	2 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	3 • In Person Peer Support Group • Recovery ² Hybrid	4	5 • Creative Expressions

<ul style="list-style-type: none"> • 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] 	<ul style="list-style-type: none"> • 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: March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb. 23 • Lounge Open	24 • Lounge Open • Britannia Walk • Virtual Drop In	25 • Lounge Open	26 • Lounge Open	27 • Lounge Open • Craft and Chat	28 • Movie: Gladiator II • Lounge Open • Virtual Drop In • Games	Mar. 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: Maria • Lounge Open • Virtual Drop In • Trivia	8 • Creative Expressions
9 • Lounge Open	10 • Lounge Open • Britannia Walk • Virtual Drop In	11 • Lounge Open	12 • Birthday Cake Day • Lounge Open	13 • Lounge Open • Craft and Chat	14 • Movie: Saturday Night • Lounge Open • Virtual Drop In • Games	15 • Creative Expressions
16 • Lounge Open	17 • Lounge Open • Britannia Walk • Virtual Drop In • St. Patrick's Day Pictionary	18 • Lounge Open	19 • Karaoke (2:00-4:00) • Lounge Open	20 • Lounge Open • Craft and Chat	21 • Movie: A Real Pain • Lounge Open • Virtual Drop In • Trivia • Creative Café	22 • Creative Expressions
23 • Lounge Open	24 • Lounge Open • Britannia Walk • Virtual Drop In	25 • Lounge Open	26 • Sugar Bush • Lounge Open 4:00pm-7:00pm only	27 • Lounge Open • Craft and Chat	28 • Movie: Wicked ** (12:30pm start) • Lounge Open • Virtual Drop In • Games	29 • Creative Expressions
30 • Lounge Open	31 • Lounge Open • Britannia Walk • Virtual Drop In	April 1 • Lounge Open	2 • Lounge Open	3 • Lounge Open • Craft and Chat	4 • Movie: TBD • Lounge Open • Virtual Drop In • Trivia	5 • 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 212] • Creative Expressions [Sat. 12:00pm-2:00pm in Rm 211] 	<ul style="list-style-type: none"> • 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"> • St. Patrick's Day Pictionary [Mon. 7:00pm-8:30pm on Zoom] • Sugar Bush [Wed. 10:00am-2:00pm Bus leaves Bronson Centre at 10:00am and Stanley's at 1:00pm] • Trivia [Alternate Fri. 7:00pm-8:30pm on Zoom] • Virtual Drop In [Mon. & Fri. 4:00pm-5:00pm on Zoom]
--	--	--