



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

Lasagna Dinner & Activities Planning

Monday, Jan. 27th at 5:00pm in Mac Hall

Let's bring in the New Year with a meal together. We will be serving lasagna with salad and garlic bread. We are also going to be getting your input for activities you would like to see happen at PSO. Register by phone with reception or by email at cherip@pso-ottawa.ca by Jan. 24th. Please let us know your choice of meat or vegetarian lasagna.

Taboo game night

Monday Jan. 13th from 7:00pm-8:30pm in the Lounge (Room 314)

Join us in person for some fun on our TABOO game night. We will teach everyone how to play.

Birthday Cake Day!

Wednesday, Jan. 15th at 3:30pm in the Lounge

Join us to celebrate members' birthdays. If you have a birthday this month come in for some yummy cake!



Karaoke

Wednesday, Jan. 22nd from 4:00pm-6:00pm in the Lounge (Room 314)

Come on in and sing us some of your favourite tunes!

PSO WILL BE CLOSED
Wed. Jan. 1st for New Year's Day.
We reopen on Thurs. Jan. 2nd

UPDATED STAFF CONTACT LIST

We had to change our phone providers which has resulted in new phone extensions for some staff. A list has been included with mailing of this Update and emailed to members.

Storytelling with Donna

Thursday, January 16th at 1:00pm in the Lounge (Room 314)

Knowledge Keeper Donna Naughton from Kateri Native Ministry is continuing to share with us the meaning of Indigenous storytelling. She will tell us a story and we are invited to share our own stories as an exchange.



PSO's Executive Director

Hi Everyone,

Whew, it's been a whirlwind here this early winter. It has been a successful year of events and support and we are working on lots of projects we hope will come to fruition in the new year.

It was wonderful to see so many of you braving the weather to attend the Holiday Dinner. I hope you are able to join us for the lasagna dinner and planning session.

Our phone systems have changed so all the staff and the reception volunteers are trying to learn a new system. If we sound a little stressed trying to remember how to transfer your call, please give us the love.

I'm sending you a wish that your new year may be full of peace, compassion, support and movement in all the right directions.

December Volunteers

Massive thanks to our regular December volunteers as well as our Holiday Dinner helpers! If you would like to volunteer, contact Werner at wernerz@pso-ottawa.ca

Anthony G.	Marcus S.	Peter T.
Courtney B.	May G.	Philip W.
Dejan S.	Mylene P.	Rico B.
Ginny G.	Paul D.	Ro D.
Jess W. K.	Peggy C.W.	Sandi S.
John P.	Peter M.	Shawn T.
Leeanne V		Shirley F.



Alex C.	Elizabeth A.	Lindsay B.
Alexa K.T.	Ellie F.	Marcus S.
Allan La.	Eugene S.	Mazen A.
Ann B.	Geoffrey F.	Miles M.
Asu A.	G�rard D.	Miriam C.
Aviv Z.	Gerry W.	Morgan T.
Bella T.	Ginny G.	Muna J.
Benjamin D.	Gregory D.	Narendran S.
Brian S.	C. S.	Paul B.
Chandree B.	Hayley P.	Philip W.
Cheryl C.	Ibrahim	Ram K.
Christie E.	James B.	Rena B.
Christine W.	James B.	Salma M.
Christopher M.	James R.	Samantha L.
	Janet K.	Sarah L.
Colleen S.	Jeannine G.	Savin T.
Daniel D.	Jennifer F.	S�ana S.
David B.	Julia G.	Simon B.
Dejan S.	Kate L.	Tiffany C.
Douglas K.	Keith W.	Tyrone G.
Duc L.	Kevin R.	William (Bill) S.
Elia V.	Lindsay B.	Yussif A.R.W.

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

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.

****No group on Jan. 23rd**

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.



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

Rainbow Peers

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

**** No group on Jan. 22nd**

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.

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@psu-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: Jan. 13th & 27th. On Zoom: Jan. 6th & 20th. For information and the Zoom link, contact Sean at seand@psu-ottawa.ca. 613-567-4379 ext. 122. **For individual Family Peer Support, please** contact Sean at seand@psu-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@psu-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@psu-ottawa.ca or 613-567-4379 ext. 113 with any questions.

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@psu-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@psu-ottawa.ca or ext. 114.

Friday Night Games & Trivia

7:00pm-8:30pm

Games: Fri., Jan. 10th & 24th

Trivia: Fri., Jan 3rd, 17th & 31st

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@psu-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@psu-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



Jan. 3rd: RRR

Action Epic, Period Drama, Adventure. 3h 7m. Rating: 15 ****Start at 12:30 pm**

A fearless warrior on a perilous mission comes face to face with a steely cop serving British forces in this epic saga set in pre-independent India.

Jan. 10th: Deadpool & Wolverine

Buddy, Dark & Raunchy Comedy, Superhero, Action, Adventure.. 2h 8 min. Rating 15

Deadpool is offered a place in the Marvel Cinematic Universe by the Time Variance Authority, but instead recruits a variant of Wolverine to save his universe from extinction.

Jan. 17th: Goodrich

Comedy, Drama. 1h 50m. R

Andy Goodrich's life is upended when his wife enters a rehab program, leaving him on his own with their young kids. Goodrich leans on Grace, his daughter from his first marriage, as he ultimately evolves into the father she never had.

Jan. 24th: Beetlejuice, Beetlejuice

Dark Comedy, Slapstick, Supernatural Fantasy Horror. 1h 45m. Rating: 12A

After a family tragedy, three generations of the Deetz family return home to Winter River. Still haunted by Beetlejuice, Lydia's life is turned upside down when her teenage daughter, Astrid, accidentally opens the portal to the Afterlife.

Jan. 31st: Slingshot

Space Sci-Fi, Thriller. 1h 48m. Rating: 15

An astronaut struggles to maintain his grip on reality aboard a possibly fatally compromised mission to Saturn's moon, Titan.

Support Resources

Free Holiday Meals

Jan. 21st 1:00pm-3:00pm Knox Presbyterian Church at 120 Lisgar St.

Sit-down and take out meals

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. **(988-continued on next page)**

988 Suicide Crisis Helpline – Continued

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

[@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.

PSO Support Calendar: January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec. 29 PSO CLOSED for Holidays	30 PSO CLOSED for Holidays	31 PSO CLOSED for Holidays	Jan. 1 PSO CLOSED for New Year's Day	2 • In Person Peer Support Group • Recovery ² Hybrid	3	4 • Creative Expressions
5	6 • Family Peer Support On Zoom	7 • Hearing Voices/ Parallel Realities • Community Transitions	8 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	9 • In Person Peer Support Group • Recovery ² Hybrid	10	11 • Creative Expressions
12	13 • Family Peer Support in person	14 • Hearing Voices/ Parallel Realities • Community Transitions	15 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	16 • In Person Peer Support Group • Recovery ² Hybrid	17	18 • Creative Expressions
19	20 • Family Peer Support on Zoom	21 • Hearing Voices/ Parallel Realities • Community Transitions	22 • Online Peer Support Group • Rainbow Peers - Cancelled • ACB Peer Support	23 • In Person Peer Support Group • Recovery² Hybrid - Cancelled	24	25 • Creative Expressions
26	27 • Family Peer Support in person	28 • Hearing Voices/ Parallel Realities • Community Transitions	29 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	30 • In Person Peer Support Group • Recovery ² Hybrid	31	Feb. 1 • 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]
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PSO Activity Calendar: January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec. 29 PSO CLOSED for Holidays	30 PSO CLOSED for Holidays	31 PSO CLOSED for Holidays	Jan. 1 PSO CLOSED for New Year's Day	2 • Lounge Open • Craft and Chat	3 • Movie: RRR - 12:30pm start • Lounge Open • Virtual Drop In • Trivia	4 • Creative Expressions
5 • Lounge Open	6 • Lounge Open • Britannia Walk • Virtual Drop In	7 • Lounge Open	8 • Lounge Open	9 • Lounge Open • Craft and Chat	10 • Movie: Deadpool & Wolverine • Virtual Drop In • Games	11 • Creative Expressions
12 • Lounge Open	13 • Taboo Game Night • Lounge Open • Britannia Walk • Virtual Drop In	14 • Lounge Open	15 • Birthday Cake Day • Lounge Open	16 • Storytelling with Donna • Lounge Open • Craft and Chat	17 • Movie: Goodrich • Lounge Open • Virtual Drop In • Trivia	18 • Creative Expressions
19 • Lounge Open	20 • Lounge Open • Britannia Walk • Virtual Drop In	21 • Lounge Open	22 • Karaoke • Lounge Open	23 • Lounge Open • Craft and Chat	24 • Movie: Beetlejuice, Beetlejuice • Lounge Open • Virtual Drop In • Games	25 • Creative Expressions
26 • Lounge Open	27 • MEMBER DINNER • Lounge Open • Britannia Walk • Virtual Drop In	28 • Lounge Open	29 • Lounge Open	30 • Lounge Open • Craft and Chat	31 • Movie: Slingshot • Lounge Open • Virtual Drop In • Trivia	Feb. 1 • Creative Expressions

<ul style="list-style-type: none"> • Birthday Cake Day [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] Not in December • Creative Expressions [Sat. 12:00pm-2:00pm in Rm 211] • Games [Alternate Fri. 7:00pm-8:30pm on Zoom] 	<ul style="list-style-type: none"> • 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] • Member Dinner [Mon. 5:30pm-7:00pm in Mac Hall] • Movies [Fri. 1:00pm in Rm 314] 	<ul style="list-style-type: none"> • Storytelling with Donna [Thur., 1:00pm in the Lounge Rm 314] • Taboo Game Night [Mon. 7:00pm-8:30pm in the Lounge Rm 314] • Trivia [Alternate Fri. 7:00pm-8:30pm on Zoom] • Virtual Drop In [Mon. and Fri. 4:00pm-5:00pm on Zoom]
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