



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!

If your name is highlighted on the envelope, it means that we do not have a current membership form from you. Please fill out the enclosed form and return it to us. NOTE: Due to Anti-Spam legislation, we cannot automatically email the Update without your permission. Please indicate your wishes on the form.

2023/24 Board of Directors

Welcome our new Board of Directors!

Daniel G.	Nina S.
Dejan S.	Philip W.
Jean H.	Sandi S.
Jessica W. K.	Shawn T.
Leeanne V.	



BOARD OF DIRECTORS

Holiday Dinner-Save the date

Mon., Dec. 11th at 5:30pm in Mac Hall.

Sign up deadline is December 4th

Chef Ric is catering turkey dinner to celebrate the many holidays that occur this time of year. **Sign up starts November 1st** with Cheri at cherip@pso-ottawa.ca or reception 613-567-4379 and you must be signed up by December 4th. Please mention if you want the vegetarian option.

Zentangle workshop

Wed. Nov. 22nd from 5:00pm to 7:00pm

in the lounge or Room 211

Come & learn some fun meditative drawing patterns as a way to relax.

Board Game Night!

Mon. Nov. 27th from 4:00pm to 7:00pm
In room 211

Join us for some hot chocolate and board games! Just bring yourself and your fun attitude!



Learn to play Crib

Tues. Nov. 14th and 21st - 12:00pm-4:00pm

Join Anthony in the lounge to learn the game of Cribbage.

YAPS IS BACK!

Tues., Starting Nov 14th 5:30pm -7:00pm in Room 211

We are excited to announce the return of the YAPS (Young Adult Peer Support) group! YAPS is a group where young adults, aged 16-24, meet to find support, build connections, participate in recovery-oriented discussion, and do fun activities. For more information, contact Neko at nekob@pso-ottawa.ca or 613-567-4379 ext.100

Staff Farewells

This month brings a couple of changes as we say goodbye to Caroline P, and Brie D. Caroline started as a volunteer, was hired as a peer supporter, progressed to management. Brie D. was our Peer Support Worker at the Royal. They will be missed and we wish them well.

Building Wellness and Resilience through Peer Support Community Webinar

Wed., Nov. 1st 10:00-11:30am on Zoom

In this webinar, researchers from the University of Ottawa's Telfer School of Management team up with Psychiatric Survivors of Ottawa (PSO) to report on results of a research study conducted on peer support during the COVID-19 pandemic and beyond, and to present on recent experiences, challenges and opportunities of peer support services and communities. Please register with Cheri for the link cherip@pso-ottawa.ca.

Note from Sonja PSO's Executive Director

Hi Everyone,

We have almost made it through October! If you are like me, October can feel like a slog. The trees may be pretty but the days are shorter, I am sleepier and my concentration is like a squirrel in a nut factory. With the news of the world being so maddening and heartbreaking right now, it's even more important to use all the tools I have in my wellness box. That means it's time to slow down and focus on things and people that give me energy or, at least, don't sap it. Chatting with the people in the Lounge has been a particular bright spot in my days.

November is a busy one: we have a webinar November 1st and are working with a collective towards creating an alternative to hospital ER in the west end. We are also getting the new Board of Directors on boarded and are well into planning the Holiday Dinner. Lots to look forward to in the new month!

Birthday CAKE day!

Wed. Nov. 15th 3:30pm

in the lounge



Join us to celebrate all the November babies with some yummy birthday cake! If you have a birthday this month come in for cake!

Happy Birthday!

Aquila T.	Diane M.	Kelly P.
Brock V.	Dylan B.	Lan N.
Carlo V.T.	Emily Z.	Lance L.
Cathleen L.	Freedom J.	Laurel J.
Cheri P.	Hannie C.	Lorraine P.
Christie R.	I.E. (Sandi) S.	May G.
Christina F.	Isabelle U.	Mikenze P.
Christine K. J.	Jacqueline S.	Nat H.
Christopher R.	Jean D.	Ren H.
Cindy W.	Jean-Pierre C.	Robert L.
Colleen N.	Jenna-Marie H.C.	Robin H.
Daliya F.	Joanne S.	Rory W.
Daniel G.	Julie S.	Sandra S.
Daniel H.	Karen F.	Sandy R.
Darrick W.	Kate L.-C.	Sherry C.
		Veil M.

October Volunteers

Massive thanks to our October volunteers! If you would like to volunteer, contact Werner at wernerz@pso-ottawa.ca.

Anthony G.	John P.	Peter M.
Courtney B.	Kristen M.	Peter T.
Dejan S.	Lan. N.	Philip W.
Emily Z.	Leeanne V.T.	Rico B.
Gail S.	May G.	Ro D.
Glendyn K.	Megan B.	Sandi S.
Hannah V.	Nancy M.K.	Sarah E.
Jamie S.	Nina S.	Scott W.
Jenelle D.	Peggy C.	Shawn T.
Jess W. K.		

In person

Creative Well Theatre Project

Wed., 1:00pm-3:00pm

in Room 212

Free theatre program to support mental health. Build acting skills, create an original play, speak up about mental health stigma, have fun and build new community. To register contact: communications@branchouttheatre.com

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 for all types of art, and all skill levels are welcome. We are still screening but masks will be optional. Contact Brooke for more information broocec@pso-ottawa.ca or 613-567-4379 ext. 211.

Recovery² (Recovery Squared)

NEW FORMAT - Hybrid Group!

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

R² Group will be adopting a hybrid format, meaning it will take place in-person and online **simultaneously**. Please join us as we try out this new style of group facilitation! 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.

WRAP Wellness Recovery Action Plan

Is an 8-week group that goes through the WRAP process for maintaining wellness. WRAP groups will be starting in winter. To register email nancyd@pso-ottawa.ca. See our website for more information.

Pathways to Recovery

Is a 12-week group that follows the Pathways self-directed workbook. Groups run twice a year. For more information or to register email nancyd@pso-ottawa.ca.

Online supports

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

Hearing Voices/Parallel Realities

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

This is a weekly support group offering a safe space for anyone living with voices, visions or other experiences that others 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.

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.

Online Peer Support Group

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

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.

Community Transitions

Tues., 6:00pm to 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. 313.

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 Erica P at ericaw@pso-ottawa.ca or at 613-567-4379 ext. 124.

Family Support

Family Peer Support Group

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

Nov. 13th and 27th in person. Nov 6th and Nov. 20th on zoom. For information and the Zoom link, contact Sean at seand@pso-ottawa.ca, 613-567-4379 ext. 221.

Family WRAP

Starts Wed., Jan. 17th, 2024

An eight-week IN PERSON self-help workshop based on the original Wellness Recovery Action Plan (WRAP®) program. Designed for caregivers and supporters of people with mental health and/or substance use challenges. To register, contact Beata at beataz@pso-ottawa.ca or 613-567-4379 ext. 123.

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. For individual Family Peer Support, please contact Sean at seand@pso-ottawa.ca, 613-567-4379 ext. 221.

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

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@psottawa.ca or 613-567-4379 ext.115

The Virtual Drop-In on zoom

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

Join us to catch up & connect with all our peers! For more information and the Zoom link, please contact Cindy at cindyw@psottawa.ca or ext. 113.

Craft and Chat on zoom

Thur., 1:00pm to 2:15pm

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

Friday Night Games & Trivia

7:00pm to 8:30pm

Games: Fri., Nov. 3rd & 17th

Trivia: Fri., Nov. 10th & 24th

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@psottawa.ca or 613-567-4379 ext. 114.



Friday Films @ 1 PM in the Lounge

Nov. 3rd: **Back On The Strip** – *Comedy*

A young man moves to Las Vegas to pursue his dream of being a magician, only to end up joining a male stripper group.

Nov. 10th: **Elemental** – *Animation, adventure, comedy*

Follows Ember and Wade, in a city where fire-, water-, earth- and air-residents live together.

Nov. 17th: **My Big Fat Greek**

Wedding 3 – *Comedy, drama, romance*

After the death of the family's patriarch, Toula attempts to locate her father's childhood friends in Greece for a family reunion.

Nov. 24th: **Barbie** – *Adventure, comedy, fantasy*

Barbie suffers a crisis that leads her to question her world and her existence.

Community Resources

Creative Cafe

Fri., Nov. 17th at 5:00pm at 211 Bronson Ave., Room 211

Please join us at the café with the **Back up Band, In the Wind Art collective**, and **performers**. Artists interested in creating a printable digital file of their own traditional art can have a new way to sell their work. Learn more here:

<http://creativecafefecreatif.com/in-the-wind/>.

Connected Canadians & Ottawa Foyers Partage

Free Digital Literacy Workshops
Each Interactive workshop is between 10am and 11am on Zoom with limited seats at Ottawa Foyers Portages' main office on 764 Belfast Rd. To sign up, visit our [OFP Technology Workshop signup page](#),
Nov, 2nd – Phishing Scams, Nov. 16th – Recognizing Fake News, Nov. 30th – Watching videos online.

Support Resources

Distress Centre of Ottawa and Region support line 24 hours a day, 7 days a week, at 613-238-3311, in 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

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

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

Talk Suicide Canada 24 hour line

Call 1-833-456-4566 or text 45645 from 4pm to midnight. Connect to a crisis responder to get help without judgement.

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 (formally Twitter)-
[@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>

Our closed Facebook Group is not monitored on a regular basis. Please adhere to PSO's, as well as our Facebook group's codes of conduct.

PSO Support Calendar: November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 • Family Peer Support on Zoom	31 • Hearing Voices/ Parallel Realities • Community Transitions	1 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	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 • YAPS – Young Adult Peer Support Group	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 • YAPS – Young Adult Peer Support Group	22 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	23 • In Person Peer Support Group • Recovery ² Hybrid	24	25 • Creative Expressions
26	27 • Family Peer Support In person	28 • Hearing Voices/ Parallel Realities • Community Transitions • YAPS – Young Adult Peer Support Group	29 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	30 • In Person Peer Support Group Recovery ² Hybrid	1	2

Support Groups Time and Location (in alphabetical order)

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| <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 [1:00pm-2:30pm in Room 212] • Online/phone Peer Support Group [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] • Young Adult Peer Support Group [Tuesdays 5:30pm-7:00pm in Room 211] |
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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: November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 • Lounge Open	30 • Lounge Open • Britannia Walk • Virtual Drop In	31 • Lounge Open	1 • Lounge Open • Creative Well • U of O Webinar	2 • Lounge Open • Craft and Chat	3 • Movie: <i>Back On The Strip</i> • Virtual Drop In • Games	4 • Creative Expressions
5 • Lounge Open	6 • Lounge Open • Britannia Walk • Virtual Drop In	7 • Lounge Open	8 • Lounge Open • Creative Well	9 • Lounge Open • Craft and Chat	10 • Movie: <i>Elemental</i> • Virtual Drop In • Trivia	11 • Creative Expressions
12 • Lounge Open	13 • Lounge Open • Britannia Walk • Virtual Drop In	14 • Lounge Open • LEARN TO PLAY CRIBBAGE	15 • Lounge Open • Creative Well • BIRTHDAY CAKE DAY	16 • Lounge Open • Craft and Chat	17 • Movie: <i>My Big Fat Greek Wedding 3</i> • Virtual Drop In • Games • Creative Cafe	18 • Creative Expressions
19 • Lounge Open	20 • Lounge Open • Britannia Walk • Virtual Drop In	21 • Lounge Open • LEARN TO PLAY CRIBBAGE	22 • Lounge Open • Creative Well • ZENTANGLE WORKSHOP	23 • Lounge Open • Craft and Chat	24 • Movie: <i>Barbie</i> • Virtual Drop In • Trivia	25 • Creative Expressions
26 • Lounge Open	27 • Lounge Open • Britannia Walk • Virtual Drop In • BOARD GAME NIGHT	28 • Lounge Open	29 • Lounge Open • Creative Well	30 • Lounge Open • Craft and Chat	1	2

Activity Groups Time and Location (in alphabetical order)

- **Birth Day Cake Day** [Nov. 15th at 3:30 pm]
- **Board Game Night** [Nov.27th 4:00pm-7:00pm Room211]
- **Britannia Park Walk** [Mondays 1:00pm-2:00pm]
- **Craft and Chat** [Thursdays 1:00pm-2:15pm on Zoom]
- **Creative Expressions** [Saturdays 12:00pm-2:00pm in Room 211]
- **Creative Well** [1:00pm-3:00pm in Room 212]

- **Games** [Alternate Fridays 7:00pm-8:30pm on Zoom]
- **Learn to Play Cribbage** [Tues 12:00pm-4:00pm]
- **Lounge** [Tues., Thurs., Fri., Sun. 12:00pm-4:00pm, Mon & Weds. 12:00pm-7:00pm]
- **Movies** [Fridays 1:00pm in Room 314]

- **Trivia** [Alternate Fridays 7:00pm-8:30pm on Zoom]
- **Virtual Drop In** [Mondays and Fridays 4:00pm-5:00pm on Zoom]
- **Zentangle Workshop**[Wed. Nov.22nd 5:00pm-7:00pm]

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