



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

Tulip Festival Walk

Wednesday, May 17th at
2:00pm at Commissioners
Park

Join us for a walk through
the tulips at Commissioners
Park to enjoying the Spring
beauty. Register with Cheri
for meetup details
cherip@pso-ottawa.ca or ext. 115.



Creative Expressions

Saturdays, 12:00pm to 2:00pm in Room
211

Join Brooke and Sara 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
brookec@pso-ottawa.ca or ext. 211.

In Person Peer Support Group

Thursdays from 1:00pm -2:30pm in Room
212

Our in person peer support group is
returning with volunteers Anthony and
Scott facilitating. Come join us for some
mutual support.

Recovery² (Recovery Squared)

New day and format!

Thursdays 5:30pm-7:00pm in Room 211
EXCEPT last Thursday of the month,
when the group will be on Zoom only

If you struggle with substance use while
navigating mental health challenges, join
our non-judgmental space. We take turns
sharing from our own experience. Register
for the in person group with Caroline
carolinep@pso-ottawa.ca or ext. 222.

To register for the online meeting, please
contact Tyrone at tyroneg@pso-ottawa.ca
or ext. 214.

*PSO will be closed May 5th for Staff Day
and May 22nd for Victoria Day.*

Canadian Museum of Nature Outing

Thursday, May 11th from 5:00pm – 8:00pm
at 240 McLeod St.

Owls and wolves are two of
the exhibits on right now at the
Canadian Museum of Nature.
Join us as we check out some
of the wonders the museum



has to offer. Register with
Cheri to attend as tickets are required even
though admission is free. Register at
cherip@pso-ottawa.ca or ext. 115.

African Caribbean Black Peer Support Group

Wednesdays 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.

Lounge Hours

Mondays, Tuesdays, Thursdays, Fridays 12:00pm – 4:00pm Wednesdays 12:00pm-7:00pm

The third floor lounge is open five days and one evening per week. Masking in PSO spaces is recommended but not mandatory. If you seem to be physically unwell we reserve the right to ask you not to come in.

Happy Birthday!

- | | |
|--------------|-------------|
| Amanda C. | Joanne L. |
| André B. | John F. |
| Anne R. | Joyce M. |
| Barb G. | Kathleen C. |
| Brendan O. | Kathy P. |
| Deborah W. | Mark P. |
| Elke B. | Mark P. |
| Gabriel S. | Philippe E. |
| Glendyn K. | Rebecca R. |
| Ibrahim A. | Roman D. |
| Jean-Marc F. | Sheri M. |
| Jeanne | William R. |

April Volunteers

Massive thanks to our April volunteers! Contact Werner at wernerz@pso-ottawa.ca if you would like to volunteer.

- | | | |
|------------|-------------|-------------|
| Amy K. | Jess W. K. | Peggy |
| Anthony G. | John P. | C.Peter M. |
| Brenda W. | Kim B. | Peter T. |
| Cindy W. | Laurel D. | Philip W. |
| Daniel H. | Leeanne | Philippe S. |
| Dejan S. | V.T. | Rico B. |
| Emily Z. | Linda C. | Sandi S. |
| Glendyn K. | Lorraine P. | Sarah E. |
| Jamie S. | May G. | Scott W. |
| Jane J. | Nancy M. | Shawn S. |
| Jenelle D. | Nina S. | Shawn T. |
| Jerry G. | Patrick J. | |

And a special congratulations to our Volunteer of the Year – Sarah E.!

Note from Sonja, PSO’s Executive Director

Hi Everyone,
 Whew, April has been a doozy. We’ve had everything from an ice storm to a heat wave.
 As some of you know, we also had an unfortunate mistake where email addresses of online peer support group registrants went out to the whole group. We are extremely sorry for any problems this has caused and we have taken steps to prevent this happening again. If you received that email, please delete it and empty your email trash. If you asked to be removed from any lists as a result, please be assured that we have removed you. We know a staff email was altered to say otherwise but, that was not from PSO. If you weren’t on the peer support list, your email address was not affected.

PSO Groups Online:

How to Connect with us Online

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

Hearing Voices/Parallel Realities

Tuesdays 3:30pm to 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 I. at danai@pso-ottawa.ca or 613-567-4379 ext. 223.

Online Peer Support Group

Wednesdays & Fridays 1:00pm to 2:30pm

For more information, the link to the meeting and the call in number, please contact Dana at danai@pso-ottawa.ca, or 613-567-4379 ext. 223

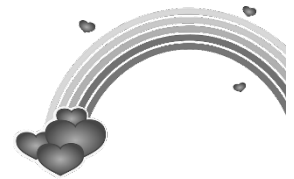
Community Transitions

Tuesdays 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 Sara B. at sarab@pso-ottawa.ca or 613-567-4379 ext. 216.

Rainbow Peers

Wednesdays 4:30 to 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 Brie D. at bried@pso-ottawa.ca or at 613-567-4379 ext. 122.

The Virtual Drop-In

Mondays and Fridays 4:00pm to 5:00pm

Join us to catch up & connect with all our peers! For more information and the Zoom link, please contact Caroline P. at carolinep@pso-ottawa.ca or ext. 222.

Family Support Newsletter

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

Family Peer Support Group

Mondays 6:30pm-8:00pm in Room 212 or on Zoom

In person: first Monday of each month (no registration required). On Zoom: remaining three Mondays of the month (registration required). To register, contact Sean at seand@pso-ottawa.ca, 613-567-4379 ext. 221.

For individual Family Peer Support, please contact Sean D. or Beata Z. at beataz@pso-ottawa.ca or ext. 123.

Family WRAP

Starting Wednesday, June 14th

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 addiction challenges. To register, contact Beata at beataz@pso-ottawa.ca or 613-567-4379 ext. 123

Family Dialogue about Communication Workshop

Starting Wednesday, September 27th on Zoom

An eight-week ONLINE workshop designed for family members and friends of people with mental health and/or addiction challenges, who would like to explore mutually beneficial ways of interacting with others. Participants practice communication strategies using role-plays based on real life scenarios. To register, contact Beata at beataz@pso-ottawa.ca or 613-567-4379 ext. 123

Recreation @ PSO

Britannia Park Walk

Mondays from 1:00pm-2:00pm.

Meet at the trolley station for a lovely 1 hour walk. Masking is at your discretion, keep 6 feet between you and others and make sure you have something to keep you hydrated. Register in advance with Erica ericaw@pso-ottawa.ca or ext. 124.

Friday Films at 1pm

May 12th – The Fabelmans
Drama



Growing up in post-World War II era

Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth.

May 19th – The Unbearable Weight of Massive Talent

Action/Comedy

Movie star Nick Cage is channeling his iconic characters as he's caught between a superfan and a CIA agent.

May 26th – See How They Run

Comedy/Crime

In the West End of 1950s London, plans for a movie version of a smash-hit play come to an abrupt halt after a pivotal member of the crew is murdered.

Monday Night Pictionary

Monday, May 1st, 15th & 29th from 7:00 to 8:30 pm

Hang out on Zoom and take turns drawing and guessing in this game of virtual Pictionary! For more information, the link to the meeting and the call-in number, please contact Shawnee shawneew@pso-ottawa.ca ext. 114.

Friday Night Games and Trivia

7:00pm to 8:30pm

Trivia: Friday, May 19th

Games: Friday, May 12th & 26th

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@pso-ottawa.ca or ext. 114.

Craft and Chat

Thursdays

1:00pm to 2:15 pm

Up for some casual conversation and creativity? Whatever your craft is, bring it and hang out with us on Zoom! Or just come and hang out among friends. For the link to the meeting and the call-in number, please contact Steph at stephaniee@pso-ottawa.ca or at 613-567-4379 ext. 125.

Community Resources

Creative Cafe

Friday, May 19th 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/>

Jane's Walks

Saturday May 6th and Sunday May 7th at various spots around Ottawa-Gatineau.

Jane's Walk is a festival of free neighbourhood walking tours that help put people in touch with their city, the things that happen around them, the built environment, the natural environment, and especially with each other. Jane's Walk bridges social and geographic gaps and creates a space for cities to discover themselves. The walks are given by local people who care passionately about where they live, work, and play. Jane's Walk is a pedestrian-focused event that improves urban literacy by offering insights into local history, planning, design, and civic engagement through the simple act of walking and observing. To sign up for a Jane's Walk in your neighbourhood, go to: <https://www.janeswalkottawa.ca/en/walks/current>

Free Tulip Festival Fun

May 12th-22nd at Commissioners Park near Dow's Lake

The Tulip Festival has a number of fun free activities, including at night. Free movies play each day at 2:00pm and 7:30pm weather permitting. Bring your own food and a blanket. Blacklight Boardwalk from 8:00pm-10:00pm will show you what flowers look like to a pollinator who sees the world through the ultraviolet spectrum. Stay for the Sound and Light Show on Dow's Lake each evening at 9:15pm. For more information: <https://tulipfestival.ca/festival-information/>

PSO Support Calendar: May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 • In person Family Peer Support	2 • Hearing Voices/ Parallel Realities • Community Transitions	3 • Online Peer Support Group • Rainbow Peers • ACB Peer Support Group	4 • Peer Support Group • Recovery ²	5 Closed for Staff Day	6 • Creative Expressions
7	8 • Family Peer Support	9 • Hearing Voices/ Parallel Realities • Community Transitions	10 • Online Peer Support Group • Rainbow Peers • ACB Peer Support Group	11 • Peer Support Group • Recovery ²	12 • Online Peer Support Group	13 • Creative Expressions
14	15 • Family Peer Support	16 • Hearing Voices/ Parallel Realities • Community Transitions	17 • Online Peer Support Group • Rainbow Peers • ACB Peer Support Group	18 • Peer Support Group • Recovery ²	19 • Online Peer Support Group	20 • Creative Expressions
21	22 Closed for Victoria Day	23 • Hearing Voices/ Parallel Realities • Community Transitions	24 • Online Peer Support Group • Rainbow Peers • ACB Peer Support Group	25 • Peer Support Group • Online Recovery ²	26 • Online Peer Support Group	27 • Creative Expressions
28	29 • Family Peer Support	30 • Hearing Voices/ Parallel Realities • Community Transitions	31 • Online Peer Support Group • Rainbow Peers • ACB Peer Support Group	1	2	3

Support Groups Time and Location (in alphabetical order)

- **ACB Peer Support Group** [Wednesdays 7:00-8:30pm on Zoom]
- **Community Transitions** [Tuesdays 6:00-7:15pm on Zoom]
- **Creative Expressions** [Saturdays 12:00pm-2:00pm in Room 211]
- **Family Peer Support** [Mondays 6:30-8:00pm in Room 212 or on Zoom]
- **Hearing Voices/Parallel Realities** [Tuesdays 3:30-4:45pm on Zoom]

- **In Person Peer Support Group** [1:00-2:30pm in Room 212]
- **Online/phone Peer Support Group** [1:00-2:30pm on Zoom]
- **Rainbow Peers** [Wednesdays 4:30-5:45pm on Zoom]
- **Recovery²** [Thursdays 5:30-7:00pm in Room 211 or on Zoom]

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PSO Activity Calendar: May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 <ul style="list-style-type: none"> Lounge Open Britannia Walk Virtual Drop In Pictionary 	2 <ul style="list-style-type: none"> Lounge Open 	3 <ul style="list-style-type: none"> Lounge Open 	4 <ul style="list-style-type: none"> Lounge Open Craft and Chat 	5 Closed for Staff Day	6 <ul style="list-style-type: none"> Creative Expressions
7	8 <ul style="list-style-type: none"> Lounge Open Britannia Walk Virtual Drop In 	9 <ul style="list-style-type: none"> Lounge Open 	10 <ul style="list-style-type: none"> Lounge Open 	11 <ul style="list-style-type: none"> Lounge Open Craft and Chat Museum of Nature 	12 <ul style="list-style-type: none"> Movie: <i>The Fabelmans</i> Virtual Drop In Games 	13 <ul style="list-style-type: none"> Creative Expressions
14	15 <ul style="list-style-type: none"> Lounge Open Britannia Walk Virtual Drop In Pictionary 	16 <ul style="list-style-type: none"> Lounge Open 	17 <ul style="list-style-type: none"> Lounge Open Tulip Festival Outing 	18 <ul style="list-style-type: none"> Lounge Open Craft and Chat 	19 <ul style="list-style-type: none"> Movie: <i>The Unbearable Weight of Massive Talent</i> Virtual Drop In Trivia 	20 <ul style="list-style-type: none"> Creative Expressions
21	22 Closed for Victoria Day	23 <ul style="list-style-type: none"> Lounge Open 	24 <ul style="list-style-type: none"> Lounge Open 	25 <ul style="list-style-type: none"> Lounge Open Craft and Chat 	26 <ul style="list-style-type: none"> Movie: <i>See How They Run</i> Virtual Drop In Games 	27 <ul style="list-style-type: none"> Creative Expressions
28	29 <ul style="list-style-type: none"> Lounge Open Britannia Walk Virtual Drop In Pictionary 	30 <ul style="list-style-type: none"> Lounge Open 	31 <ul style="list-style-type: none"> Lounge Open 	1	2	3

Activity Groups Time and Location (in alphabetical order)

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| <ul style="list-style-type: none"> • Britannia Park Walk [Mondays 1:00-2:00pm] • Canadian Museum of Nature [Thursday 5:00-8:00pm] • Craft and Chat [Thursdays 1:00-2:15pm on Zoom] • Creative Expressions [Saturdays 12:00pm-2:00pm in Room 211] • Games [Alternate Fridays 7:00-8:30pm on Zoom] • Lounge [Mon., Tues., Thurs., Fri. 12:00-4:00pm, Weds. 12:00-7:00pm in Room 314] | <ul style="list-style-type: none"> • Movies [Fridays 1:00pm in Room 314] • Pictionary [Alternate Mondays 7:00-8:30pm on Zoom] • Trivia [Alternate Fridays 7:00-8:30pm on Zoom] • Tulip Festival Outing [Wednesday 2:00pm at Commissioners Park] • Virtual Lounge [Mondays and Fridays 4:00-5:00pm on Zoom] |
|--|--|

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