



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

Lac Philippe Outing!



Thursday, July 25th, leave Bronson Centre at 10:00am and return around 4:00pm

Just like old times! We'll travel by school bus to the beach to frolic in the sun, sand and surf. Lunch will include BBQ hot dogs, salads and dessert. **Please let us know in advance if you'd prefer a veggie dog.** Email Cheri (cherip@pso-ottawa.ca) or give us a call to register. Sign-up for outing starts on July 2nd. Seats are limited.

Welcome New Staff - Miranda and Ellie!

We want to welcome new Family Peer Support Worker and our new Community Programs Manager Ellieto the PSO staff team.

Karaoke!

Wed., July 24th at 2:00pm-4:00pm in the Lounge

Join us in the lounge to sing some of your favourite songs!



Birthday Cake Day!

Wed., July 17th at 3:30pm in the Lounge



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

PSO WILL BE CLOSED

Monday July 1st for Canada Day & Friday July 25th Lounge is closed for Beach Day

O-Train shut down for maintenance July 15-28th

Line 1. Service between Tunney's Pasture and Rideau stations. R1 Buses will take riders between Tunney's Pasture and Hurdman stations.

PSO's Executive Director

Hi Everyone and Happy Summer!

We are off to a great summer start with 2 new staff, Miranda in Family Peer Support and Ellie as the new Community Programs Manager, and will have some new peer supporters joining us in the lounge in the near future to shadow before going off to work in the hospitals.

At the end of May I attended the Basic Income Guarantee Forum and a session on the new federal Disability Benefit that is supposed to start by June 2025. We were all disappointed that the maximum benefit would be \$2,400 annually or \$200/month for people who are low-income with a disability, but at least it's something. It is likely that eligibility will be linked to qualifying for the current Disability Tax Credit. If you haven't been filing taxes or haven't applied for the Disability Tax Credit, this may be the time to do so to get set up for the new benefit next year.

June Volunteers

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

- | | | |
|-------------|------------|-----------|
| Anthony G. | Joe P. | Peter M. |
| Courtney B. | John P. | Philip W. |
| Dejan S. | Lan N. | Rico B. |
| Gail S. | Leeanne V. | Ro D. |
| Glendyn K. | Mark E. | Sandi S. |
| Hannah V. | May G. | Sarah E. |
| Isabelle U. | Mylene P. | Shawn B. |
| Jess W. K. | Nina S. | Shawn T. |
| | Patrick J. | |

Happy Birthday!

- | | | |
|--------------|-------------|-------------|
| Amanda R. | John P. | Moustafa G. |
| Anik L. | Jonathan S. | Musab A. |
| Beverly C. | Karina H. | Nancy M. |
| Brenda W. | Katya G. | Nish T. |
| Catherine W. | Laura V. | Patrick J. |
| Dominic B. | Linda O. | Rayan A. |
| Gabriel L. | Lucia P. | Rebecca M. |
| Gail S. | Marie S. | Rick E. |
| Genevieve C. | Mark C. | Rico B. |
| Griffin N. | Marta P. | Rylee G. |
| Ingrid R. | Martin H. | Samantha H. |
| Jacky Y. | Mary H. | Sara P. |
| Jake V. | Melissa P. | Shawn T. |
| Jesse M. | Michael C. | Sonja C. |
| Joanne G. | Michael G. | Tina Ann B. |
| Joe P. | Monique K. | Vadim F. |
| | | Werner Z. |

In person supports

The Lounge

Mon., & Wed., 12:00pm-7:00pm.
 Tues, Thurs., & Fri., 12:00pm – 4:00pm.
 Sun., 12:00 – 4:00pm (Rm 314 only)
 Join us at the Bronson Centre Rm 314 to enjoy some company, games, and just hang out. Peer support and Rm 313 is only available Mon.– Fri. 613-567-4379

Peer Support Group

Thurs., 1:00pm-2:30pm in Room 212
 Note: Group cancelled July 25th

Join our supportive peer support volunteers for some in-person mutual support. No registration required.

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.

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.

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



OF COURSE
 -I TALK TO-
MYSELF!
sometimes
I need
EXPERT ADVICE.

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.

Rainbow Peers

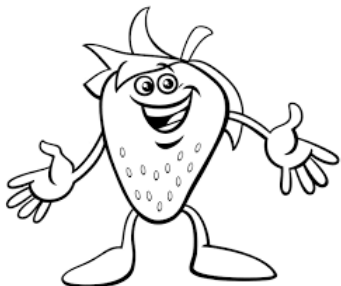
Wed., 4:30pm-5:45pm on Zoom

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 Neko at nekob@pso-ottawa.ca or 613-567-4379 ext. 100.

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. 313.



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 or 613-567-4379 ext. 223.

Family Support

Family Peer Support Group

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

July 8th & 22nd in person, and June 15th & 29th on Zoom. For information and the Zoom link, contact Sean at seand@pso-ottawa.ca. 613-567-4379 ext. 221.

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

Family WRAP

Wed, 6:00pm-8:30pm, Aug. 28-Oct. 16, in person.

An eight-week 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

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.

Dows Lake Walk

Wed., 2:00pm-3:00pm. Meet at the pavilion

Join us at our new walk location at Dows Lake. This replaces the Mooney's Bay walk. Meet Phil in front of the main pavilion by the boats. 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@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 Cindy at cindyw@pso-ottawa.ca or ext. 113.

Friday Night Games & Trivia

7:00pm-8:30pm

Trivia: Fri., 5^h & 19th

Games: Fri., 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 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! 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 for all types of art, and all skill levels are welcome. Contact Brooke for more information brookec@pso-ottawa.ca or 613-567-4379 ext. 211.

///
Be KIND
TO
YOURSELF
///

Friday Films

1:00 pm in the Lounge



July 5th: The Holdovers

Comedy, Drama. 2h13m. R

A cranky history teacher at a prep school is forced to remain on campus over the holidays with a grieving cook and a troubled student who has no place to go.

July 12th: Ghostbusters: Frozen Empire

Action, Comedy, Fantasy. 1h 55m. 12A

When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second ice age.

July 19th: Dune. Pt 2 12:30pm start

Action, Adventure, Drama. 2h 46m. 12A

Paul Atreides unites with Chani and the Fremen while seeking revenge against the conspirators who destroyed his family.

July 26th: The Fall Guy

Action, Comedy, Drama. 2h 6m. 12A

A down-and-out stuntman must find the missing star of his ex-girlfriend's blockbuster film.

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,

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

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

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

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.

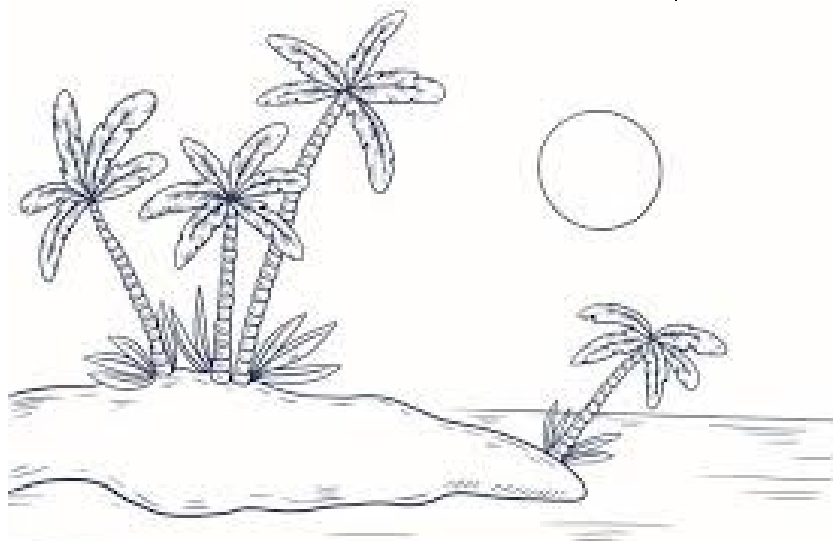
Creativity Corner

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

Salute

I salute the life
Of the leaf
For it does service
Until it last breaths
It purifies the air
For all of us to breath
As long as it lives and
In death too it does us only good deed
For it lays there to enrich the soil
Grand in life
And Grandeur in exile too
Is the life of a leaf
That falls every mile too ...

Manjit S.



**LET THE
SUMMER
FUN
BEGIN**

PSO Support Calendar: July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	July 1 PSO CLOSED Canada Day!	2 • Hearing Voices/ Parallel Realities • Community Transitions	3 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	4 • In Person Peer Support Group • Recovery ² Hybrid	5	6 • Creative Expressions
7	8 • Family Peer Support in person	9 • Hearing Voices/ Parallel Realities • Community Transitions	10 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	11 • In Person Peer Support Group • Recovery ² Hybrid	12	13 • Creative Expressions
14	15 • Family Peer Support on Zoom	16 • Hearing Voices/ Parallel Realities • Community Transitions	17 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	18 • In Person Peer Support Group • Recovery ² Hybrid	19	20 • Creative Expressions
21	22 • Family Peer Support in person	23 • Hearing Voices/ Parallel Realities • Community Transitions	24 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	25 • In Person Peer Support Group - Cancelled • Recovery ² Hybrid	26	27 • Creative Expressions
28	29 • Family Peer Support on Zoom	30 • Hearing Voices/ Parallel Realities • Community Transitions	31 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	Aug. 1 • In Person Peer Support Group • Recovery ² Hybrid	2	3 • Creative Expressions

Support Groups Time and Location (in alphabetical order)

- **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]
- **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]

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PSO Activity Calendar: July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 • Lounge Open	July 1 PSO CLOSED Canada Day!	2 • Lounge Open	3 • Lounge Open • Creative Well • Dows Lake Walk	4 • Lounge Open • Craft and Chat	5 • <i>Movie: The Holdovers</i> • Virtual Drop In • Trivias	6 • Creative Expressions
7 • Lounge Open	8 • Lounge Open • Britannia Walk • Virtual Drop In	9 • Lounge Open	10 • Lounge Open • Dows Lake Walk	11 • Lounge Open • Craft and Chat	12 • <i>Movie: Ghostbusters: Frozen Empire</i> • Virtual Drop In • Games	13 • Creative Expressions
14 • Lounge Open	15 • Lounge Open • Britannia Walk • Virtual Drop In	16 • Lounge Open	17 • Birthday Cake Day • Lounge Open • Dows Lake Walk	18 • Lounge Open • Craft and Chat	19 • <i>Movie: Dune Pt.2</i> *12:30pm start • Virtual Drop In • Trivia	20 • Creative Expressions
21 • Lounge Open	22 • Lounge Open • Britannia Walk • Virtual Drop In	23 • Lounge Open	24 • Karaoke 2-4 pm • Lounge Open • Dows Lake Walk	25 • LAC PHILIPPE – BEACH DAY **Lounge is closed** • Craft and Chat	26 • <i>Movie: The Fall Guy</i> • Virtual Drop In • Games	27 • Creative Expressions
28 • Lounge Open	29 • Lounge Open • Britannia Walk • Virtual Drop In	30 • Lounge Open	31 • Lounge Open • Dows Lake Walk	Aug. 1 • Lounge Open • Craft and Chat	2 • Virtual Drop In • Trivia	3 • Creative Expressions

Activity Groups Time and Location (in alphabetical order)

<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 Expressions [Sat.12:00pm-2:00pm in Rm211] 	<ul style="list-style-type: none"> Dows Lake Walk [Weds. 2:00pm-3:00pm Pavilion] Games [Alternate Fri. 7:00pm-8:30pm on Zoom] Karaoke [Wed. 2:00pm-4:00pm in Rm 314] Lac Philippe Outing [Thurs. 10:00am-4:00pm] **meet in Bronson Centre Lobby 	<ul style="list-style-type: none"> 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] 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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