



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

The elevator is functional

Elevator is functional but not reliable. Crews are still working on it. If you require access, please call ahead to reception 613-567-4379.

Volunteer of the Year!



Congratulations to Anthony G., who received PSO's volunteer of the year award!

Tulip Festival Walk



Wednesday, May 15th at 2:00pm-4:00pm at Commissioners Park

Meet at Dows Lake Pavilion

Join us for a walk through the tulips at Commissioners Park to enjoy the Spring beauty. Register with reception at 613-567-4379.



NEW WALK location!

Wednesdays 2:00pm-3:00pm

Meet in front of the pavilion

Join in on 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. **Starts May 1st.**

**PSO WILL BE CLOSED
May 20th for Victoria Day**

Karaoke

Wed., May 22nd at 2:00pm-4:00pm in the Lounge

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



Birthday Cake Day!

Wed., May 8th at 3:30pm in the Lounge

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



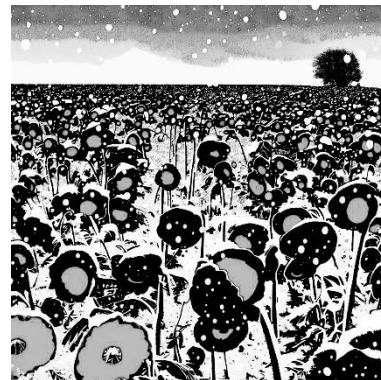
Sonja's travel pictures!

Wed., May 29th 2:00pm-4:00pm in the Lounge

By popular demand, Sonja will share some highlights of her trip to India. Come join us for tea and stories.

Flowers

By Lisa S.



Note from Sonja PSO's Executive Director

Hi Everyone,

The April showers have led to May flowers and we are going out to see them. We are going to the Tulip Festival, Phil W. has volunteered to do a weekly Dow's Lake walk and the Britannia walks are resuming. There are lots of opportunities to see flowers and get some exercise while meeting new people.

Last week Logan from the Ottawa Paramedic Service was in to tell us about the Mental Wellness Response Team. They are a paramedic and mental health professional who are able to respond to mental health crisis calls in an unmarked car and in casual, non-uniform clothing. There is currently one team available from 9am to 9pm and they are hoping to expand. To reach them call 911, ask for paramedics and request the Mental Wellness Response Team.

We are also awaiting the Safer Alternative Response Team, which will involve a mental health professional and peer supporter. That team should be available later this year to respond to mental health calls in Centretown and Centertown West.

Happy Birthday!

Amanda C.	Erica A.	Mark P.
André B.	Gabriel S.	Mark P.
Angela B.	Glendyn K.	Melissa P.
Anne H.	H. Matthew S.	Mike W.
Anne R.	Huda A.	Roman D.
Brendan O.	Jean-Marc F.	Sara B.
Catherine M.	John F.	Sarah D.
Christine E.	Julie R.	Sheila P.
Deborah W.	Kathleen C.	William R.
Elke B.	Kelly S.	
Elysia D.	Marguerite C.	

April Volunteers

Massive thanks to our April volunteers! If you would like to volunteer, contact Werner at wernerz@ps0-ottawa.ca.

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

In person

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.

Recovery² (Recovery Squared)

Thurs., 5:30pm-7:00pm 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@ps0-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

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 danai@pso-ottawa.ca or 613-567-4379 ext. 223.

Family Support

Family Peer Support Group

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

May 6th & 27th on Zoom, and May 13th in person. 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@psso-ottawa.ca

Recreation @ PSO

Britannia Park Walk

Mon., 1:00pm-2:00pm Cancelled May 20th

Meet Shawn at the trolley station for a lovely 1-hour walk. Email Cindy at cindyw@psso-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@psso-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@psso-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@psso-ottawa.ca or ext. 113.

Friday Night Games & Trivia

7:00pm-8:30pm

Games: Fri., May 3rd, 17th, 31st

Trivia: Fri., May 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@psso-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@psso-ottawa.ca or at 613-567-4379 ext. 113.

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. Contact Brooke for more information brookec@pso-ottawa.ca or 613-567-4379 ext. 211.

Friday Films

1:00 pm in the Lounge



May 3rd: The Hunger Games: The Ballad of Songbirds & Snakes

****Starts at 12:30pm**

Action, Adventure, Drama. 2h 37m

Coriolanus Snow mentors and develops feelings for the female District 12 tribute during the 10th Hunger Games.

May 10th: The Iron Claw

Biography, Drama, Sport. 2h 12m

The true story of the inseparable Von Erich brothers, who made history in the intensely competitive world of professional wrestling in the early 1980s.

May 17th: American Fiction

Comedy, Drama. 1h 57m

A novelist who is fed up with the establishment profiting from Black entertainment uses a pen name to write a book that propels him into the heart of the hypocrisy and madness he claims to disdain.

May 24th: Anatomy of a Fall

****Starts at 12:30pm**

Crime, Drama, Thriller. 2h 31m

A woman is suspected of murder after her husband's death; their half-blind son faces a moral dilemma as the main witness.

May 31st: Mean Girls 2024

Comedy, Musical. 1h 52m

Cady Heron is a hit with the Plastics, an A-list girl clique at her new school. But everything changes when she makes the mistake of falling for Aaron Samuels, the ex-boyfriend of alpha Plastic Regina George.

Community Resources

Creative Cafe

**Fri., May 17th at 5:00pm, Last one till Fall
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://creativecafecafecreatif.com/in-the-wind/>.

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

YOU MATTER!



PSO Support Calendar: May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 • Family Peer Support in person	30 • Hearing Voices/ Parallel Realities • Community Transitions	May 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	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 PSO CLOSED VICTORIA DAY	21 • Hearing Voices/ Parallel Realities • Community Transitions	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 on zoom	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	June 1 • 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]

Psychiatric Survivors of Ottawa 211 Bronson Ave, #313, Ottawa, ON K1R 6H5 Tel: 613-567-4379 Fax: 613-567-4495

PSO Activity Calendar: May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 • Lounge Open	29 • Lounge Open • Britannia Walk • Virtual Drop In	30 • Lounge Open	May 1 • Lounge Open • Creative Well • Dows Lake Walk	2 • Lounge Open • Craft and Chat	3 • Movie: <i>The Hunger Games: The Ballad of Songbirds & Snakes</i> : (12:30 start) • Virtual Drop In • Games	4 • Creative Expressions
5 • Lounge Open	6 • Lounge Open • Britannia Walk • Virtual Drop In	7 • Lounge Open	8 • Birthday Cake Day • Lounge Open • Creative Well • Dows Lake Walk	9 • Lounge Open • Craft and Chat	10 • Movie: <i>The Iron Claw</i> • Virtual Drop In • Trivia	11 • Creative Expressions
12 • Lounge Open	13 • Lounge Open • Britannia Walk • Virtual Drop In	14 • Lounge Open	15 • Tulip Festival Walk • Lounge Open • Creative Well • Dows Lake Walk	16 • Lounge Open • Craft and Chat	17 • Movie: <i>American Fiction</i> • Creative Café • Games	18 • Creative Expressions
19 • Lounge Open	20 PSO CLOSED VICTORIA DAY	21 • Lounge Open	22 • Karaoke 2-4pm • Lounge Open • Creative Well • Dows Lake Walk	23 • Lounge Open • Craft and Chat	24 • Movie: <i>Anatomy of a Fall</i> (12:30 Start) • Virtual Drop In • Trivia	25 • Creative Expressions
26 • Lounge Open	27 • Lounge Open • Britannia Walk • Virtual Drop In	28 • Lounge Open	29 • Sonja's Travel photos • Lounge Open • Creative Well • Dows Lake Walk	30 • Lounge Open • Craft and Chat	31 • Movie: <i>Mean Girls 2024</i> • Virtual Drop In • Games	June 1 • Creative Expressions

Activity Groups Time and Location (in alphabetical order)

<ul style="list-style-type: none"> Birthday Cake Day [3:30pm in Room 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 in Room 211] Creative Expressions [Sat. 12:00pm-2:00pm in Room 211] Creative Well [Wed. 1:00pm-3:00pm in Room 212] 	<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 Room 314] Lounge in room 314 [Tues., Thurs., Fri., Sun. 12:00pm-4:00pm, Mon. & Wed. 12:00pm-7:00pm] Movies [Fri. 1:00pm in Room 314] 	<ul style="list-style-type: none"> Sonja's Travel photos[Wed. 2:00pm-4:00pm in Room 314] Trivia [Alternate Fri. 7:00pm-8:30pm on Zoom] Tulip Festival Walk [Wed. 2:00pm-4:00pm] Pavilion Virtual Drop In [Mon. and Fri. 4:00pm-5:00pm on Zoom]
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