



# 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](http://www.pso-ottawa.ca) E-mail: [info@pso-ottawa.ca](mailto:info@pso-ottawa.ca)

**PSO WILL BE CLOSED**  
April 1<sup>st</sup> for Easter Holiday  
April 19<sup>th</sup> for Staff Day

## Elevator is being worked on.

Crews are still working on it. If you require access, please call ahead to reception 613-567-4379

## Solar Eclipse Party!

Mon., April 8<sup>th</sup> 2:00pm-4:00pm  
In person in the Lounge



Join us to view the impressive Solar Eclipse and we will provide safe viewing glasses! There will be an art activity and a special trivia game too! Hope you can be there. Please contact Cindy [cindyw@pso-ottawa.ca](mailto:cindyw@pso-ottawa.ca) if you have any questions.



## Storytelling Workshop with Cedar Tea

Wed., April 24<sup>th</sup> 2:00pm-4:00pm  
in the Lounge

Knowledge Keeper Donna Naughton from Kateri Native Ministry will share with us the meaning of story telling during winters season and how it comes to an end in the spring. She will tell us a story and we are invited to share our own stories as an exchange. She will also show us how to make Cedar tea. Contact reception or [cherip@pso-ottawa.ca](mailto:cherip@pso-ottawa.ca) to register.

## Karaoke

Wed., April 10<sup>th</sup> at 4:00pm-6:00pm in the Lounge

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



## Who to Call in A Crisis-Information session

Wed., April 17<sup>th</sup> at 1:00 pm in the Lounge

Join us to find out which number is best to call in a crisis. Presented by Logan from Ottawa Paramedic Services. No registration is required.

## Birthday Cake Day!

Wed., April 17<sup>th</sup> at 3:30pm  
in the Lounge



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

## Note from Sonja PSO's Executive Director

Hi Everyone,  
I'm back from India and energized for all our exciting spring activities. While I was greatly enjoying my trip, the PSO community was never far from my thoughts. My goal is to have a photo and story session from the trip ready for May and, in the meantime, I hope to see you at one of our social or peer support events.

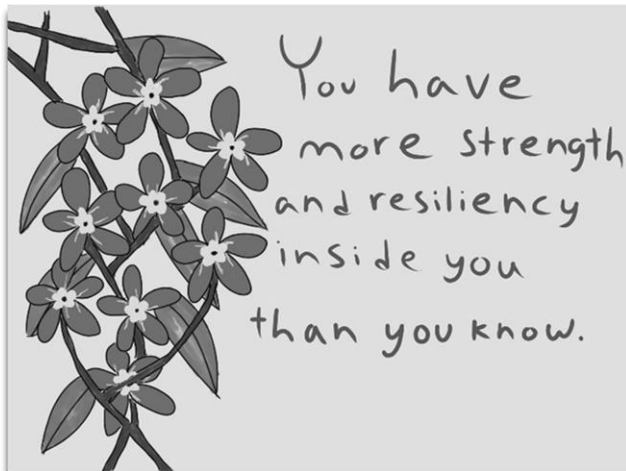
## Happy Birthday!

Alex S.	Jean H.	Raven B.
Angela D.	Jifang X.	Romina M.
Anna B.	Johanna F.	Saby B.
Brian A.	John B.	Shannon H.
Cassandra H.	John R.	Sheila A.
Danica P.	Kelly M.	Steven Earl
Dave B.	Kerri G.	W.
Dee D.	Lise B.	Sue W.
Gael M.	Muheto G.	Theresa H.
Guy D.	Nicole K.	Tracey M.
Imelda D.	Paul M.	Yolanda
Jane E. B.	Peter M.	Queen Maria S. M.

## March Volunteers

**Massive thanks to our March volunteers! If you would like to volunteer, contact Werner at [wernerz@pso-ottawa.ca](mailto:wernerz@pso-ottawa.ca).**

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



Forget Me Not by Ocean

## 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.

### Recovery<sup>2</sup> (Recovery Squared)

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

Recovery<sup>2</sup> 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](mailto: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 [dana@pso-ottawa.ca](mailto:dana@pso-ottawa.ca) or 613-567-4379 ext. 223.

## 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 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 [danai@pso-ottawa.ca](mailto:danai@pso-ottawa.ca) or 613-567-4379 ext. 223.

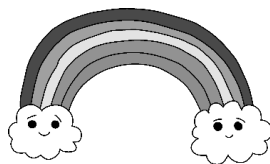
## Community Transitions

**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](mailto: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 Neko at [nekob@pso-ottawa.ca](mailto:nekob@pso-ottawa.ca) or 613-567-4379 ext. 100.

## 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](mailto:souleymanh@pso-ottawa.ca).

## Family Support

### Family Peer Support Group

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

Apr. 8<sup>th</sup> & 22<sup>nd</sup> on Zoom, and Apr. 15<sup>th</sup> & 29<sup>th</sup> in person. For information and the Zoom link, contact Sean at [seand@pso-ottawa.ca](mailto:seand@pso-ottawa.ca). 613-567-4379 ext. 221.

**For individual Family Peer Support, please**

contact Sean at [seand@pso-ottawa.ca](mailto: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](mailto:beataz@pso-ottawa.ca) or 613-567-4379 ext. 123.

## **Family Dialogue about Communication**

**Wed, 6:00pm-8:30pm, April 3<sup>rd</sup> - May 22<sup>nd</sup> on Zoom.**

Designed for caregivers and supporters of people with mental health and/or substance use challenges. Participants practice communication strategies using role plays based on real life scenarios. To register, contact Beata at [beataz@pso-ottawa.ca](mailto:beataz@pso-ottawa.ca).

## **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](mailto:beataz@pso-ottawa.ca)

## **Recreation @ PSO**

### **Britannia Park Walk**

**Mon., 1:00pm-2:00pm Cancelled April 1<sup>st</sup> & 8<sup>th</sup>**

Meet Shawn at the trolley station for a lovely 1-hour walk. Email Cindy at [cindyw@pso-ottawa.ca](mailto: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](mailto: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](mailto:cindyw@pso-ottawa.ca) or ext. 113.

## **Friday Night Games & Trivia**

**7:00pm-8:30pm**

**Trivia: Fri., April 5<sup>th</sup> & 26<sup>th</sup>**

**Games: Fri., April 12<sup>th</sup>**

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](mailto: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](mailto:cindyw@pso-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](mailto: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](mailto:brookec@pso-ottawa.ca) or 613-567-4379 ext. 211.

## Friday Films

**1:00 pm in the Lounge**



**Apr. 5<sup>th</sup>: Dune: Part One**

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

*Action, Adventure, Drama. 2h 35m*

A noble family becomes embroiled in a war for control over the galaxy's most valuable asset while its heir becomes troubled by visions of a dark future.

**Apr. 12<sup>th</sup>: Anyone but You**

*Comedy, Romance. 1h 43m*

After an amazing first date, Bea and Ben's fiery attraction turns ice-cold—until they find themselves unexpectedly reunited at a wedding in Australia. So they do what any two mature adults would do: pretend to be a couple.

**Apr. 26<sup>th</sup>: The Beekeeper**

*Action, Thriller. 1h 45m*

One man's brutal campaign for vengeance takes on national stakes after he is revealed to be a former operative of a powerful and clandestine organization known as "Beekeepers".

## Community Resources

### Creative Cafe

**Fri., Apr. 19<sup>th</sup> at 5:00pm**

**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/>.

### 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](http://www.dcottawa.on.ca),

[www.telaideoutaouais.ca](http://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](http://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](http://www.1call1click.ca)

**AccessMHA** help residents over the age 16 years connect to mental health and substance use health services. [www.accessmha.ca](http://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](mailto: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/](http://www.pso-ottawa.ca/)



**Facebook**

<https://www.facebook.com/groups/513011506046018/>

<https://www.facebook.com/psychiatricurvivorsottawa@psychiatricsurvivorsottawa>

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](mailto:sonjac@pso-ottawa.ca)

**Growing**

The PSO family is growing  
Weather anyone cares or not  
It is very much a reality  
That is here and growing  
Is the new fact of today  
To have a voice  
And to share the experiences  
Is a cure in itself everyday  
I am glad i was there then  
As my kid now has the interest  
I am sure it will be there for her  
As it has always been there for me  
Come the warriors of PSO  
Let see what is in it for me  
Your experiences are valid  
And not much different form me  
Let's be there for each other  
Before we become again  
The world that is free  
For the growing family of PSO  
Bears the fruit for we.

By Manjit S.

# PSO Support Calendar: April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 <b>PSO CLOSED EASTER SUNDAY</b>	1 <b>PSO CLOSED EASTER MONDAY</b>	2 • Hearing Voices/ Parallel Realities • Community Transitions	3 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	4 • In Person Peer Support Group • Recovery <sup>2</sup> Hybrid	5	6 • Creative Expressions
7	8 • Family Peer Support on Zoom	9 • Hearing Voices/ Parallel Realities • Community Transitions	10 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	11 • In Person Peer Support Group • Recovery <sup>2</sup> Hybrid	12	13 • Creative Expressions
14	15 • Family Peer Support in person	16 • Hearing Voices/ Parallel Realities • Community Transitions	17 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	18 • In Person Peer Support Group • Recovery <sup>2</sup> Hybrid	19 <b>PSO CLOSED STAFF DAY</b>	20 • Creative Expressions
21	22 • Family Peer Support on Zoom	23 • Hearing Voices/ Parallel Realities • Community Transitions	24 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	25 • In Person Peer Support Group • Recovery <sup>2</sup> Hybrid	26	27 • Creative Expressions
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 <sup>2</sup> Hybrid	3	4 • 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]
- **Recovery<sup>2</sup> 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: April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 <b>PSO CLOSED EASTER SUNDAY</b>	1 <b>PSO CLOSED EASTER MONDAY</b>	2 • Lounge Open	3 • Lounge Open • Creative Well	4 • Lounge Open • Craft and Chat	5 • Movie: <i>Dune: Part One</i> (12:30 start) • Virtual Drop In • Trivia	6 • Creative Expressions
7 • Lounge Open	8 • <b>Eclipse Party!</b> • Lounge Open • Virtual Drop In	9 • Lounge Open	10 • Lounge Open • Creative Well • <b>Karaoke</b>	11 • Lounge Open • Craft and Chat	12 • Movie: <i>Anyone but You</i> • Virtual Drop In • Games	13 • Creative Expressions
14 • Lounge Open	15 • Lounge Open • Britannia Walk • Virtual Drop In	16 • Lounge Open	17 • <b>Who To Call in A Crisis Info Session</b> • <b>Birthday Cake Day</b> • Lounge Open • Creative Well	18 • Lounge Open • Craft and Chat	19 <b>PSO CLOSED STAFF DAY</b> • Creative Café still on	20 • Creative Expressions
21 • Lounge Open	22 • Lounge Open • Britannia Walk • Virtual Drop In	23 • Lounge Open	24 • <b>Storytelling Workshop &amp; Cedar Tea</b> • Lounge Open • Creative Well	25 • Lounge Open • Craft and Chat	26 • Movie: <i>The Beekeeper</i> • Virtual Drop In • Trivia	27 • Creative Expressions
28 • Lounge Open	29 • Lounge Open • Britannia Walk • Virtual Drop In	30 • Lounge Open	MAY 1 • Lounge Open • Creative Well	2 • Lounge Open • Craft and Chat	3 • Movie: TDB • Virtual Drop In • Games	4 • Creative Expressions

## Activity Groups Time and Location (in alphabetical order)

<ul style="list-style-type: none"> <li><b>Birthday Cake Day</b> [3:30pm in Room 314(lounge)]</li> <li><b>Britannia Park Walk</b> [Mon. 1:00pm-2:00pm]</li> <li><b>Craft and Chat</b> [Thurs. 1:00pm-2:15pm on Zoom]</li> <li><b>Creative Café</b> [Friday 5:00pm Room 211]</li> <li><b>Creative Expressions</b> [Sat. 12:00pm-2:00pm in Rm 211]</li> <li><b>Creative Well</b> [Wed. 1:00pm-3:00pm in Room 212]</li> </ul>	<ul style="list-style-type: none"> <li><b>Eclipse Party!</b> [Mon. 2:00pm – 4:00 pm in the Lounge]</li> <li><b>Games</b> [Alternate Fri. 7:00pm-8:30pm on Zoom]</li> <li><b>Karaoke</b> [Wed. 4:00pm-6:00pm in Room 314]</li> <li><b>Lounge in room 314</b> [Tues., Thurs., Fri., Sun. 12:00pm-4:00pm, Mon &amp; Wed. 12:00pm-7:00pm]</li> <li><b>Movies</b> [Fri. 1:00pm in Room 314]</li> </ul>	<ul style="list-style-type: none"> <li><b>Storytelling &amp; Cedar Tea</b> [Weds. 2:00pm-4:00pm in the Lounge]</li> <li><b>Trivia</b> [Alternate Fri. 7:00pm-8:30pm on Zoom]</li> <li><b>Virtual Drop In</b> [Mon. and Fri. 4:00pm-5:00pm on Zoom]</li> <li><b>Who to Call in A Crisis Info Session</b> [Wed., April 17 at 1:00pm in the lounge]</li> </ul>
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