



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

More Lounge Days!

Tuesdays through Fridays 12:00pm – 4:00pm

The third floor lounge and computer side are now open four days per week. We still require everyone to be COVID symptom screened, masked and to hand sanitize on the regular but we will not be distanced. We have added HEPA air filtration to the spaces for additional safety.

We understand not everyone is ready to come back in person and will continue to have VDI and many support groups online.

PSO will be closed Monday, September 5th for Labour Day and Friday, September 30th for Truth and Reconciliation Day for in-person and on-line activities.

Britannia Park Picnic BBQ

Monday, September 26th 11:00am-3:00pm
 at Section I

Bus 51 goes to the park

You know the drill – we have the grills. You bring the fun and we bring dogs and buns. **Let us know if you require vegetarian options.** Email Cheri cherip@pso-ottawa.ca or give us a call to register at 613-567-4379 ext. 115.

Kairos Blanket Exercise

Monday, September 12th 1:00pm to 4:00pm in Mac Hall

We are partnering with Kateri Native Ministry to offer the Kairos Blanket Exercise. The Blanket Exercise is based on Indigenous methodologies and the goal is to build understanding about our shared history as Indigenous and non-Indigenous peoples in Canada by walking through pre-contact, treaty-making, colonization and resistance. Everyone is actively involved as they step onto blankets that represent the land, and into the role of First Nations, Inuit and later Métis peoples. By engaging on an emotional and intellectual level, the Blanket Exercise effectively educates and increases empathy.

Sign up with Cheri at cherip@pso-ottawa.ca or call 613-567-4379 ext. 115.

October Boat Cruise [FULL]

Thursday, October 6th at 2:00pm Meet at the Bytown Museum down by the locks

Let's go see the autumn leaves in a new way this year – by water. We will meet at the museum and take a boat cruise up and down the Ottawa River to take in the autumn sights and sounds. Space will be limited so sign up with Cheri at cherip@pso-ottawa.ca or call 613-567-4379 ext. 115 starting Sept. 1st.

Farewells

This month brings a lot of changes to PSO. We are saying goodbye to some wonderful people.

Amanda R. has been our Substance Use Peer Support Worker supporting Rideauwood since May 2021. We will still see her at her new job around Bronson Centre.

Amy K. was one of our first hospital peer support workers for Recovery Connections in 2013 and, as Program Manager since 2016, has strengthened our hospital and community peer support program. Higher education is her next big adventure. Here is her note to you:

Dear Members,

It has been a delight to meet you, both as a community and as your individual selves! We have taken many trainings together, chatted in the PSO lounge and at PSO events, offered one another moments of peer support, and worked on many projects and partnerships together! I am leaving my position as a staff member in order to take a school program that starts this September. I remain proud and grateful to be a member of PSO, and look forward to seeing you in our wonderful community.

Until next time,

Amy

Hannah S. was here for 8 months as a placement student but it felt as though she was part of the staff. We wish her luck in lucky Ireland.

Tiffany W. has been a cheerful presence in hospital peer support, our Recovery Connections Program Coordinator and Program Manager. She contributed a lot of joy and work and we know that wherever she lands, her future will be bright.

August Volunteers

Massive thanks to our August volunteers! We couldn't do it without you.



- | | | |
|----------|--------------|-----------|
| Sarah E. | Lorraine L. | Sandi S. |
| Caleb F. | Bianca O. | Peter T. |
| John P. | Jamie S. | Linda C. |
| Shawn T. | Jenelle D. | Angus W. |
| Nancy M. | Philippe S. | Hayley P. |
| May G. | Peggy C.W. | Rico B. |
| Peter M. | Joe P. | Dana I. |
| Ro V. | Paul M. | Amanda R. |
| | Christina D. | Shawn S. |

**A Note from Sonja,
PSO's Executive Director**

There is a lot of change in the air. Leaves are growing duller and preparing to turn colours, gardens are furiously pumping out their harvests, students are getting ready to return to school and some people are setting off to their next phase of life. Change can be difficult as we mourn the loss of precious people no longer near us but it is also a time to make space within us for newness.

We continue to contain all the learnings we have gathered from people who are leaving and there are new people arriving with whom we can grow. Two wonderful new managers, Caroline and Laura, have stepped into the Recovery Connections manager roles and two new hospital peer support workers will be starting in early September. A new student, Tyler, will be joining us to do his placement. Each peer, staff person and student brings new gifts to enrich our community and we are thankful for each one.



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|--------------|-------------|
| Aditya S. | Kimberly G. |
| Andrew G. | Linda C. |
| Bella L. | Lisa S. |
| Brent R. | Luc M. |
| Caleb F. | Lucie P. |
| Champ C. | Lynda S. |
| Chantal C. | Manjit S. |
| Christine B. | Mireille G. |
| Frank R. | Monique Z. |
| Harley N-I. | Neil C. |
| Janet T. | Pail S. |
| Jenelle S-D. | Peter T. |
| Karen B. | Sarah E. |
| Katie C. | Sharon W. |
| Kaylee M. | Susan R. |
| Kelta K. | Theresa T. |

Celebration of Life for Miriam

Tuesday, September 6th from 1:00pm to 2:00pm in Room 314

We are so sad to share that beloved PSO member Miriam E. passed away in August. Miriam was a vibrant, creative member of our community and is dearly missed. Please join us to share your memories of Miriam.

If you need to speak with someone at the Distress Centre, their number is 613-238-3311.

Substance Use Health Group

Tuesdays 6:00pm to 7:15pm in Room 314

This is a peer support group around substance use health challenges. What do you need in a group supporting substance use challenges? Come with your thoughts to share. Register with Caroline at carolinep@pso-ottawa.ca or ext. 222.

Creative Expressions

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

Join Shawnee and guest facilitators for a friendly, non-judgmental art group where people can come and be creative. Engage in our weekly craft, explore our art supplies, or bring something from home. We provide a positive space for all types of art, and all skill levels are welcome. Please note that masks and screening are necessary to attend.

PSO Groups Online:

How to Connect with us Online

Our Zoom groups are listed throughout this Update so please contact the person listed in the 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. For more information, the link to the meeting and the call-in number, please contact Dana I. at dana@pso-ottawa.ca or 613-567-4379 ext. 223.

The Virtual Drop-In

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

As we navigate to more in-person activities we have had to drop the Tuesday Virtual Drop-In for now. Join us to catch up & connect with all our peers! For more information and to register, please contact Steph at stephanice@pso-ottawa.ca or ext. 125.

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. You can join from your phone, tablet, or computer. 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.



Recovery² (Recovery Squared)

Wednesdays 6:00pm to 7:15pm on Zoom

If you struggle with substance use while navigating mental health challenges, join our non-judgmental space. We take turns sharing from our own experience.

For more information, the link to the meeting and the call-in number, please contact Caroline at carolinep@pso-ottawa.ca or ext. 222.

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 Tom at tomk@pso-ottawa.ca, or 613-567-4379 ext. 220

Online Family Peer Support

Mondays 6:30pm to 8:00pm on Zoom

To join or for more info, please contact Sean D. at seand@pso-ottawa.ca or 613-567-4379 ext. 221.

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

Online Family Dialogue about Communication Workshop for Supporters/Caregivers

Next workshop starts on Sept 28, 2022. To register or for more info, please contact Sean D. at seand@pso-ottawa.ca or 613-567-4379 ext. 221.

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.

Recreation @ PSO

Walking Groups!

For the walking groups: masking is at your discretion, keep 6 feet between you and others and make sure you have something to keep you hydrated. Please note the Britannia walk is an hour and a half long.

Britannia Park Walk

Mondays from 1:00pm-2:30pm Meet at the Trolley Station
No walk September 19th

Join us for a lovely walk in the park or through Mud Lake. Volunteer Shawn T. will be leading the walk in September. Register in advance with Sara sarab@pso-ottawa.ca ext. 216.

Mooney's Bay Walk

Thursdays from 2:30pm-3:30pm

Enjoy an hour walk with various rotating features like Hog's Back Falls, Rideau River, Rideau Canal and more with our volunteers. Register with Shawnee shawneew@pso-ottawa.ca ext. 114.

Friday Night Games and Trivia

7:00pm to 8:30pm

Trivia: Friday, September 2nd & 16th
Games: Friday, September 9th & 23rd

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 Steph at stephaniee@pso-ottawa.ca.

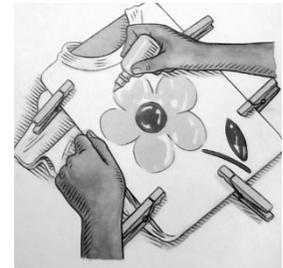
Monday Night Pictionary

Monday, September 12th and 26th 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 Steph at stephaniee@pso-ottawa.ca or at 613-567-4379 ext. 125.

Craft and Chat

Thursdays
1:00pm to 2:15 pm on Zoom 3



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.

Bronson Safe Open

PSO, Elizabeth Fry Society, Flo's Seniors, BronsonRise and the Bronson Centre have partnered to create *Bronson Safe Open*. Our goal is to create COVID-safe opportunities to connect and reduce isolation for our group members, seniors and marginalized people in our community. Every month we will post a calendar of online events on the Bronson Safe Open webpage. Events are free but you have to register by calling 343-999-9110, or <https://bronsoncentre.ca/bronson-safe-open/>

CAPSA WOW (Working on Wellness) Festival

PSO is looking for volunteers

Friday, September 16th at City Hall
Set Up for volunteers 9:00am to 10:45am
Wellness Fair 11:00am-4:00pm
Main Stage Rally 12:00pm-1:00pm

We invite you to attend the WOW Festival, formerly Recovery Day Ottawa (RDO) that will take at Marion Dewar Plaza in front of Ottawa City Hall. Join us as we bring physical health, mental health, and substance use health communities together as one collective to increase wellness for people living in Canada. PSO will have a kiosk at the event, and we will be chatting with people and answering any questions they may have about the Recovery Connections program or anything related to PSO (especially to Recovery from Substance Use).

We will also be networking with other reps from different kiosks and holding a fun activity during the time there.

We are seeking volunteers to:

- Help set-up and tear down
- Hand out water and snacks and PSO swag
- Talk to people and answer questions about PSO
- Network with reps from other organizations
- Share your story with others
- Help with the activity
- Participate and have fun!

To volunteer with PSO please contact Caroline at carolinep@pso-ottawa.ca or ext. 222.

Guiding Council Consultation

Wednesday, October 5th from 12:00pm - 2:30pm in Mac Hall at Bronson Centre

You are invited to share your thoughts to help in the development of Ottawa's Mental Health and Substance Use crisis response system! We are looking to capture diverse voices on their experiences in accessing the 24/7 mental health services in Ottawa and to gather input to develop a new or enhanced mental health and substance use crisis response system. Hosted by the Guiding Council Secretariat for Mental Health and Addictions. Participants will receive an honorarium of \$25 per person. Lunch will be provided. Please register at sahada.alolo@cesoc.ca or phone 613-327-5823 or 613-327-5941.

Community Resources

Full Moon Yoga

Great Lawn, Lansdowne Park & September 10th at 7:00pm

Open to all levels: free public yoga classes on the lawn under the moonlight. Grab your mat, water bottle, and your yoga buddies!

Connected for Success

Rogers is offering high-speed, low-cost internet across Ontario to subsidized tenants, seniors, families with children and to individuals receiving disability and income support.

<https://about.rogers.com/our-impact/connected-for-success-ontario/>

Pop up Cinema

Free movies at spots around town. Bring a chair or blanket to sit on. Snacks are on sale there or bring them from home



Thursday, September 1st - **Clueless**
 Time: starts at 7:30pm
 Location: ByWard Market- on William St. between York & George Streets

Friday, September 9th - **Isle of Dogs "**
 Who Let the Dogs Out"- 🐕🐕Woof Woof
 Woof woof! 🎵🎵🎵🐕
 Time: starts at 7:30pm
 Location: Parkdale Park- 366 Parkdale Ave., Behind the Parkdale Market

Friday, September 23rd - **Beetlejuice**
 Time: starts at 7:00pm
 Location: Sparks Street Mall- between Kent & Lyon Streets

Movie Night at Bayshore

Bayshore Shopping Centre - P5 of the North Parking Deck, by Hudson’s Bay. Seating at the front of the screen will be available, please bring your own chair. Admission is free. Movies start at 8:30

September 6th – **Wonder Woman 1984**
 September 7th – **Detective Pikachu**

Tune your FM station to 90.3 FM to listen to the movie.

Ottawa People’s Commission on the Convoy Occupation

I have heard a number of members talk about the lasting effect the convoy in February has had on them. There is a community-driven, non-partisan initiative that is aimed at giving voice to the community’s experience, concerns and recommendations for action following the convoy occupation.

Their goal is to inspire hope and healing, hear from affected community members, identify underlying issues and solutions, press authorities, and promote lasting benefits and community-led solutions. You can share your stories and views in a public hearing or a community consultation. You can also submit your story in writing and share your notes/photos/videos from the occupation. This is your chance to be heard.

To contact the Ottawa People’s Commission on the Convoy Occupation you can go to this link <https://www.opc-cpo.ca/contact/> and fill out the form.

Northern Lights 2022 – Sound and Light Show

September 1st to 5th at 9pm in front of the Parliament buildings

After a 2-year break, Northern Lights sound and light show returns to Parliament Hill for the entire summer! Get a front row seat to a free and unique multimedia experience and discover Canada’s great achievements and our history’s key milestones.

PSO Support Calendar: September 2022

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

Support Groups Time and Location (in alphabetical order)

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| <ul style="list-style-type: none"> • Community Transitions [Tuesdays 6:00-7:15pm on Zoom] • Family Peer Support [Mondays 6:30-8:00pm on Zoom] • Hearing Voices/Parallel Realities [Tuesdays 3:30-4:45pm on Zoom] • Online/phone Peer Support Group [1:00-2:30pm on Zoom] | <ul style="list-style-type: none"> • Rainbow Peers [Wednesdays, 4:30-5:45pm on Zoom] • Recovery² [Wednesdays 6:00-7:15pm on Zoom] • Substance Use Health Group [Tuesdays 6:00-7:15pm in Room 314] |
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PSO Activity Calendar: September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 • Pride Parade	29 • Britannia Walking Group • Virtual Drop In	30 • Britannia BBQ	31 • Lounge Open	1 • Lounge Open • Mooney's Walking Group • Craft and Chat	2 • Lounge Open • Virtual Drop in • Trivia	3 • Creative Expressions
4	5 Closed for Labour Day	6 • Lounge Open • Celebration of Life for Miriam	7 • Lounge Open	8 • Lounge Open • Mooney's Walking Group • Craft and Chat	9 • Lounge Open • Virtual Drop in • Games	10 • Creative Expressions
11 • Blanket Exercise • Britannia Walking Group • Virtual Drop In • Pictionary	12	13 • Lounge Open	14 • Lounge Open	15 • Lounge Open • Mooney's Walking Group • Craft and Chat	16 • WOW Festival • Lounge Open • Virtual Drop in • Trivia	17 • Creative Expressions
18 • Britannia Walking Group • Virtual Drop In	19	20 • Lounge Open	21 • Lounge Open	22 • Lounge Open • Mooney's Walking Group • Craft and Chat	23 • Lounge Open • Virtual Drop in • Games	24 • Creative Expressions
25 • Britannia BBQ • Virtual Drop In • Pictionary	26	27 • Lounge Open	28 • Lounge Open	29 • Lounge Open • Mooney's Walking Group • Craft and Chat	30 Closed for Truth and Reconciliation Day	1

Leisure Groups Time and Location (in alphabetical order)

- | | |
|--|---|
| <ul style="list-style-type: none"> • Blanket Exercise [1:00pm-4:00pm] • Britannia Park Walking Group [Mondays 1:00-2:30pm] • Celebration of Life [1:00pm-2:00pm] • Craft and Chat [Thursdays 1:00-2:15pm on Zoom] • Creative Expressions [12:00pm-1:30pm in Room 211] • Games [Alternate Fridays 7:00-8:30pm on Zoom] • Mooney's Beach Walking Group [Thursdays 2:30-3:30pm] | <ul style="list-style-type: none"> • Pictionary [Alternate Mondays 7:00-8:30pm on Zoom] • Lounge [Tuesdays through Fridays 12:00-4:00 in Room 314] • Trivia [Alternate Fridays 7:00-8:30pm on Zoom] • Vincent Massey Picnic [11:00am-3:00pm] • Virtual Lounge [Mondays and Fridays 4:00-5:00pm on Zoom] • WOW Festival [11:00am-4:00pm] |
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