



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.



Working on Wellness Festival

Friday, Sept. 13th at
 Marion Dewar Plaza at City Hall from
 11:00am to 4:00pm

Join PSO, CAPSA and other Ottawa agencies at our kiosks as we bring physical health, mental health, and substance use health communities together as one collective to increase wellness for people living in Canada. For full event details visit capsa.ca/wow-festival

Vincent Massey Park Picnic



Thursday, Sept. 19th from
 11:00am to 3:00pm
 SECTION S2
 (Lounge closed)

Time for an end of summer BBQ. We will have hot dogs, salads, drinks & dessert. Please let us know if you require vegetarian options. Email Cheri cherip@pso-ottawa.ca or call reception between Sept. 1st-16th to register.

PSO BOARD UPDATE- Thank you Nina S. and Welcome Peter T.

Thank you to Nina S. for your dedication to the PSO Board and supporting us with your talents. We also welcome Peter and look forward to working with you.

PSO WILL BE CLOSED

Monday, Sept. 2nd for Labour Day,
 Monday, Sept. 30th for Truth and
 Reconciliation Day
 LOUNGE CLOSED Sept. 19th for PICNIC

Birthday Cake Day!

Wednesday, Sept. 18th at
 3:30pm in the Lounge



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

Karaoke!

Wednesday, Sept. 25th
 2:00pm-4:00pm in the
 Lounge



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

Peer to Peer Wellness Information Session

Oct. 16th 6-7pm, On Zoom and in person
 at 211 Bronson

This information is for people interested in volunteering in this program and for those who have recently been hospitalized and are looking to be matched with a peer support volunteer. Please email: nancymk@pso-ottawa.ca for more information and to register.

PSO's Executive Director

Hi Everyone,

How did it get to be September so quickly? Autumn will bring some changes as some of our new staff go off to their hospital positions and we will be having an Annual General Meeting (AGM) in November to elect a new Board of Directors. We will be seeking your input on some of our member documentation at this AGM as well, but we will send it to you to review in advance.

We aren't letting summer sneak off without one last Picnic, so I hope you can join us at Vincent Massey Park on the 19th.

Happy Birthday!

- | | | |
|--------------|---------------|-------------|
| Aditya S. | Jenelle S. | Mia K. |
| Alan W. | Jenny M. | Michael M. |
| Alexandra C. | Jesse E. | Neil C. |
| Andrew G. | Jessica L. | Norma M. |
| Arturo A. | John M. | Paul S. |
| Brie D. | Judy J. | Peter T. |
| Caleb F. | Justine N. | Raine H. |
| Chantal C. | Karen B. | Richard B. |
| Christine B. | Kassandra R. | Rosalind W. |
| David P. | Katie C. | Rose K. |
| Diana W. | Kelsey D. | Savannah T. |
| Dwyn K. | Krystal W. | Sharon |
| Erika L. | Leslie W. | Stella K. |
| Fatuma Y. | Lindsay I. | Stephane D. |
| Folake O. | Lisa S. | Theresa T. |
| Henoch T. | Lucie P. | Todd S. |
| James M. | Manjit S. | Tyson C. |
| Jamie T. | Marie-Anne L. | Victoria H. |
| Janet T. | Maura D. | Zachary H. |
| Jay C. | Maya E. | |

August Volunteers

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

- | | | |
|-------------|------------|------------|
| Anthony G. | John P. | Philip W. |
| Cheryl C. | Leeanne V. | Ro D. |
| Courtney B. | May G. | Sandi S. |
| Ginny G. | Mylene P. | Sarah E. |
| Dejan S. | Nina S. | Shawn T. |
| Isabelle U. | Peter M. | Shirley F. |
| Jess W. K. | Peter T. | |



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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)

Note: Closed Sept. 2nd for Civic Holiday, Sept. 19th for Picnic and Sept. 30th for Truth and Reconciliation Day

Join us at the Bronson Centre Rm 314 to enjoy some company, games, and just hang out. Peer support and Rm 313 is available Mon.– Fri.

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 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



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. 613-567-4379 ext.219

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 Souleyman at souleymanh@pso-ottawa.ca or

613-567-4379 ext. 219.

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 Rm 212 or on Zoom

Sept. 9th & 23rd in person, and Sept. 16th 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 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

***New* Evening Lounge Group Game – Taboo!**

Monday Sept. 16th 4:30-6:00 Room 314

Join Cindy and Mark for an interactive group-style game that we can play together! This month, we're playing Taboo! Take turns describing the target word, without using some closely-related words.

Jump into or watch the game from the comfy couches in the lounge. Playing for fun, not points! We're creating a relaxed, low-pressure, and fun atmosphere where anyone can play along with us. Email Cindy at cindyw@pso-ottawa.ca or 613-567-4379 ext. 113 with any questions.

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.

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

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

Closed Sept. 2nd Labour Day and 30th for Truth and Reconciliation Day

Join us to catch up & connect with all our peers! For more information and the Zoom link, please contact Shawnee at shawneew@pso-ottawa.ca or ext. 114.

Friday Night Games & Trivia

7:00pm-8:30pm

Trivia: Fri., 6th & 20th

Games: Fri., 13th & 27th [New Games]

This month we will be trying out some new games on the 6th and 20th! Come learn a new game and have fun with everyone. Trivia will take place as usual. 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

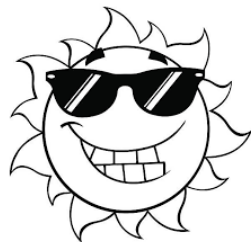
Thurs., 1:00pm-2:15pm

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.



Friday Films

1:00 pm in the Lounge



Sept. 6th: Godzilla x King: The new Empire. *Action Epic, Disaster, Globe Trotting Adventure, Kaiju, Supernatural Fantasy. 1h 55m. Rating:12A*

Two ancient titans, Godzilla and Kong, clash in an epic battle as humans unravel their intertwined origins and connection to Skull Island's mysteries.

Sept. 13th: Furiosa: A Mad Max Saga

*Action Epic, Dystopian Sci-Fi, Thriller. 2h 28 min. Rating:15 ** START 12:30PM*

The origin story of renegade warrior Furiosa before her encounter and teamup with Mad Max.

Sept. 20th: Suze

Comedy, Drama. 1h 22m, Not rated
When her only daughter goes off to university, an empty-nest mother gets stuck taking care of her daughter's heartbroken ex-boyfriend, whom she can't stand.

Sept. 27th: Fly Me To The Moon

Comedy, Mystery. 1h 53m. Rating:15
A pair of sisters moving from Hunan to Hong Kong in the 1990's are faced with an identity crisis, poverty and their father's drug addiction.

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

PSO Support Calendar: September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 PSO CLOSED for Civic Holiday	3 • Hearing Voices/ Parallel Realities • Community Transitions	4 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	5 • In Person Peer Support Group • Recovery ² Hybrid	6	7 • Creative Expressions
8	9 • Family Peer Support on Zoom	10 • Hearing Voices/ Parallel Realities • Community Transitions	11 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	12 • In Person Peer Support Group • Recovery ² Hybrid	13	14 • Creative Expressions
15	16 • Family Peer Support in person	17 • Hearing Voices/ Parallel Realities • Community Transitions	18 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	19 • In Person Peer Support Group • Recovery ² Hybrid	20	21 • Creative Expressions
22	23 • Family Peer Support on Zoom	24 • Hearing Voices/ Parallel Realities • Community Transitions	25 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	26 • In Person Peer Support Group • Recovery ² Hybrid	27	28 • Creative Expressions
29	30 PSO CLOSED for Truth and Reconciliation Day	Oct. 1 • Hearing Voices/ Parallel Realities • Community Transitions	2 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	3 • In Person Peer Support Group • Recovery ² Hybrid	4	5 • 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: September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 • Lounge Open	2 PSO CLOSED for Civic Holiday	3 • Lounge Open	4 • Lounge Open • Creative Well	5 • Lounge Open • Craft and Chat	6 • Movie: <i>Godzilla x King: the New Empire</i> • Virtual Drop In • Trivia	7 • Creative Expressions
8 • Lounge Open	9 • Lounge Open • Britannia Walk • Virtual Drop In	10 • Lounge Open	11 • Lounge Open • Creative Well	12 • Lounge Open • Craft and Chat	13 • WOW FESTIVAL • Movie: **12:30pm start <i>Furiosa: A Mad Max Saga</i> • Virtual Drop In • Games [New Game!]	14 • Creative Expressions
15 • Lounge Open	16 • Lounge Open • Britannia Walk • Virtual Drop In • Group Game [Taboo!]	17 • Lounge Open	18 • Birthday Cake Day • Lounge Open • Creative Well	19 • PICNIC at Vincent Massey Park • Lounge CLOSED • Craft and Chat	20 • Movie: <i>Suze</i> • Virtual Drop In • Trivia	21 • Creative Expressions
22 • Lounge Open	23 • Lounge Open • Britannia Walk • Virtual Drop In	24 • Lounge Open	25 • Karaoke 2-4 pm • Lounge Open • Creative Well	26 • Lounge Open • Craft and Chat	27 • Movie: <i>Fly Me to the Moon</i> • Virtual Drop In • Games [New Game!]	28 • Creative Expressions
29 • Lounge Open	30 PSO CLOSED for Truth and Reconciliation Day	Oct.1 • Lounge Open	2 • Lounge Open • Creative Well	3 • Lounge Open • Craft and Chat	4 • Movie: <i>TBD</i> • Virtual Drop In • Trivia	5 • 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] • Creative Well [Wed. 1:00 – 3:00pm Rm 212] 	<ul style="list-style-type: none"> • Games [<u>Alternate</u> Fri. 7:00pm-8:30pm on Zoom] • Group Game [Mon. Sept 16 4:30-6:00 in Rm 314] • Karaoke [Wed.2:00pm-4:00pm in Rm 314] • Lounge in room 314 [Tues., Thurs., Fri., Sun. 12:00pm-4:00pm, Mon. & Wed. 12:00pm-7:00pm] 	<ul style="list-style-type: none"> • Movies [Fri. 1:00pm in Rm 314] • PICNIC at Vincent Massey Park [Thurs. 11:00-3:00pm] • Trivia [<u>Alternate</u> Fri. 7:00pm-8:30pm on Zoom] • Virtual Drop In [Mon. and Fri. 4:00pm-5:00pm on Zoom] • WOW-Working on Wellness Festival [City Hall]
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