



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

Lasagna Dinner

Monday, January 23rd at 5:00pm in Mac Hall. Sign up starts Jan. 3rd

Let's bring in the new year with a meal. We will be serving lasagna with salad and garlic bread. Register by the 17th and please let us know if you want veggie or meat lasagna.

Storytelling With Donna

Friday, January 13th from 1:00pm-3:00pm in Room 314

Donna from Kateri Native Ministry will be joining us in the lounge to share some stories in an Indigenous tradition.

Snow Painting

Tuesday, January 17th at 2:00pm at Commissioners Park, Dows Lake

We will meet by the statue of The Man with 2 Hats at 2pm and go off to do some snow paintings using biodegradable food colouring. Bundle up warm and bring a beverage to keep hydrated.

Lounge Hours

Mondays, Tuesdays, Thursdays, Fridays 12:00pm – 4:00pm Wednesdays 12:00pm-7:00pm

The third floor lounge is open five days and one evening per week. We still require everyone to be COVID symptom screened, masked and to hand sanitize.

*PSO will be closed until January 2nd for the holidays. We will re-open January 3rd.
Happy Holidays!*

Annual General Meeting

Monday, February 27th at 5pm in Mac Hall or on Zoom

We will be doing an in-person and online hybrid AGM this year. If you would like to run for a position on the Board of Directors, please fill out the enclosed nomination form and return it to us, along with a short bio telling us why you would make a good candidate by January 24th.

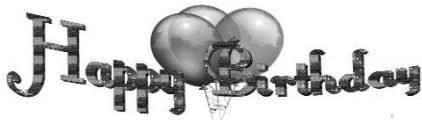
Meet the Candidates

There will be an online "Town Hall meeting" on Tuesday, February 7th at 5:00pm where the Board candidates will present themselves. To attend, please contact Cheri at cherip@pso-ottawa.ca.

African Caribbean Black Peer Support Group

Wednesdays 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 or 613-223-9202.



- | | | |
|--------------|-------------|--------------|
| Benjamin D. | Emma S. | Mazen A. |
| Caitlin M. | Eugene S. | Morgan T. |
| Chandree B. | Francis L. | Neil A. |
| Cheryl C. | Gerry W. | Paul C. |
| Christie E. | Hayley P. | Paulette M. |
| Christine W. | Janet K. | Raissa A. |
| Chrystal S. | Jeannine G. | Richard G. |
| Colleen S. | Johnathon | Robert B. |
| Costis C. | C. | Savin T. |
| David M. | Julie C. | Stephane N. |
| Dejan S. | Lindsay B. | Stephanie S. |
| Diana E. | Lyne L. | Tiffany C. |
| | Madaline P. | Willian S. |
| | | Zachary T. |

**Note from Sonja,
PSO’s Executive Director**

2022 has been quite a year! It was exciting to finally reopen the lounge and spend some time together. Having 80 of us together for a holiday meal was a real treat after two years and Chef Ric’s meal was a hit. We have started some new support groups and held activities we haven’t tried before. We marched at Pride, went to the beach (twice!) and began a new partnership, providing peer support at some Salus buildings.

We have said goodbye to some of our beloved long time staff and welcomed some wonderful new people to our team. I am curious to see what 2023 brings us.

Farewell to Our Friend

We are sad to announce that our friend Dale (Alfred) T. passed away this month. His sister told us he appreciated the support he received from everyone at PSO. He will be missed!

**The Creative Well Theatre
Project 2023**

**Rehearsals begin Wednesday, January 11th
from pm to pm in Room 212 or on Zoom**

Are you interested in theatre, acting, expressing yourself, sharing your stories and contributing to the creation of a new play?

Branch Out Theatre has collaborated with PSO and Salus for the past seven years in this community art project for people of all ages living with mental health challenges. Participants learn creative theatre techniques and participate in making a forum theatre play around a particular issue around living with mental illness, inspired by their lived experience that they are invited to share with the community at the end of the process.

If you have seen a Branch Out Theatre - Creative Well show in past years, you know that our plays engage our audiences directly in the performance, inviting our audiences to challenge the issues they see in the play and giving them opportunities to make change. If you like to tell stories, improvise, act, make props or set pieces and would like to meet others who love theatre, join us Wednesdays at PSO for our creative and rehearsal time, getting the show ready to share with the community in June.

To participate online or in-person, email Natalie at info@branchouttheatre.com or text your name, “Creative Well” and “online” or “in-person” to 613-784-9309 and we will sign you up!

December Volunteers

Massive thanks to our regular December volunteers as well as our Holiday Dinner helpers! Contact Werner at wernerz@pso-ottawa.ca if you would like to volunteer.

Angus W.	Jenelle D.	Peter M.
Anthony G.	Joe P.	Peter T.
Bianca O.	John P.	Philip W.
Bill S.	Laurel D.	Philippe S.
Cindy W.	Linda C.	Rico B.
Dejan S.	Lorraine P.	Sandi S.
Ed Ć.	May G.	Sarah E.
Emily Z.	Nancy M.	Scott W.
Glendyn K.	Paul D.	Shawn S.
Jamie S.	Peggy	Shawn T.
	C.W.	

Substance Use Health Group

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

This is a peer support group around substance use health 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

Note that there is a special Dec. 24th Lounge hangout instead of Creative Expressions

Join Brooke and Sara 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. Please note that masks and screening are necessary to attend. Contact Brooke for more information brookec@pso-ottawa.ca or ext. 211.

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.

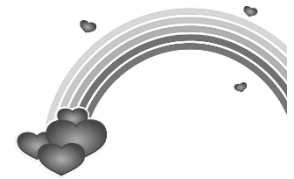
Hearing Voices/Parallel Realities

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

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.

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@ps0-ottawa.ca, or 613-567-4379 ext. 220

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. For more information, the link to the meeting and the call-in number, please contact Sara B. at sarab@ps0-ottawa.ca or 613-567-4379 ext. 216.

The Virtual Drop-In**Mondays and Fridays 4:00pm to 5:00pm**

Join us to catch up & connect with all our peers! For more information and the Zoom link, please contact Steph at stephaniee@ps0-ottawa.ca or ext. 125.

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@ps0-ottawa.ca or ext. 222.

Family Support Newsletter

This e-newsletter offers information on free community resources, wellness strategies, and more. To subscribe, contact Beata Z. at beataz@ps0-ottawa.ca.

Family Peer Support Group**Mondays 6:30pm-8:00pm in Room 211 or on Zoom**

We are back in person - every first Monday of each month (no registration required). We meet on Zoom on the remaining three Mondays of the month (registration required). To register, contact Sean at seand@ps0-ottawa.ca, 613-567-4379 ext. 221.

For individual Family Peer Support, please contact Sean D. or Beata Z. at beataz@ps0-ottawa.ca or ext. 123.

Family WRAP

An eight-week IN PERSON 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 addiction challenges.

When: Winter/Spring 2023

To register, contact Beata at beataz@ps0-ottawa.ca or 613-567-4379 ext. 123

Family Dialogue about Communication Workshop**Starting Wednesday, April 5th on Zoom**

An eight-week ONLINE workshop designed for family members and friends of people with mental health and/or addiction challenges, who would like to explore mutually beneficial ways of interacting with others. Participants practice communication strategies using role-plays based on real life scenarios.

To register, contact Beata at beataz@ps0-ottawa.ca or 613-567-4379 ext. 123

Recreation @ PSO

Friday Films at 1pm

Jan. 6th - Everything Everywhere All At Once

Adventure/Sci-Fi

A woman is swept up in a wild adventure, in which she alone can save the world by exploring other universes connecting with the lives she could have led.

Jan. 20th - Top Gun: Maverick

Action

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

Jan. 27th – Disenchanted

Fantasy/Comedy

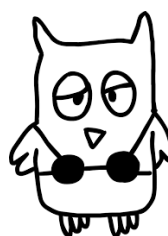
Fifteen years after her happily ever after, Giselle questions her happiness, inadvertently turning the lives of those in the real world and Andalasia upside down in the process.

Britannia Park Walk

Mondays from 1:00pm-2:00pm

Meet at the trolley station for a lovely 1 hour walk. Masking is at your discretion, keep 6 feet between you and others and make sure you have something to keep you hydrated. Register in advance with Erica ericaw@pso-ottawa.ca or ext. 124.

Friday Night Games and Trivia



7:00pm to 8:30pm

Trivia: Friday, January 6th & 20th

Games: Friday, January 13th & 27th

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 ext. 114.

Monday Night Pictionary

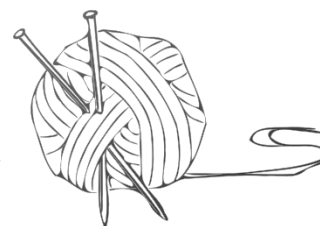
Monday, January 16th & 30th from 7:00 to 8:30 pm

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 Shawnee shawneew@pso-ottawa.ca ext. 114.

Craft and Chat

**Thursdays
1:00pm to 2:15 pm**

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.



Community Events and Resources

Holiday Dinners

Caldwell Family Centre

Location: Carlington Recreation Centre, 1520 Caldwell Ave.

Description of event: Sit-down meal

Phone: 613-728-1800

Time: 4:30 pm-7:30 pm on **December 22**

Accessibility: Fully accessible

St Peter's & St Paul's Anglican Church

Location: 152 Metcalfe St,

Description of event: Sit-down homemade turkey dinner

Phone: 613-235-1636

Time: Doors open at 1 pm & 4 pm (2 seatings) on **December 25**

Accessibility: Fully accessible

Ottawa Innerscity Ministries

Location: Knox Presbyterian Church, 120 Lisgar St,

Description of event: Take-out meal

Phone: 613-237-6031

Time: 1 pm-3 pm on **January 24**

Accessibility: Fully accessible

Resources for Support

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,

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/

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/>

AccessMHA help residents over the age 16 years connect to mental health and substance use health services.

www.accessmha.ca

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

Keep In Touch with Us

Additions to our online programming and scheduling updates are listed on all our Social Media sites. Follow us at:

Twitter

[@PSOannounce](https://twitter.com/PSOannounce)

Facebook

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

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

@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.

Instagram @PSOttawa

PSO Support Calendar: January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Closed for the Statutory Holiday	3 <ul style="list-style-type: none"> • Hearing Voices/ Parallel Realities • Community Transitions • Substance Use Group 	4 <ul style="list-style-type: none"> • Peer Support Group • Rainbow Peers • Recovery² • ACB Peer Support Group 	5	6 <ul style="list-style-type: none"> • Peer Support Group 	7 <ul style="list-style-type: none"> • Creative Expressions
8	9 <ul style="list-style-type: none"> • Family Peer Support 	10 <ul style="list-style-type: none"> • Hearing Voices/ Parallel Realities • Community Transitions • Substance Use Group 	11 <ul style="list-style-type: none"> • Peer Support Group • Rainbow Peers • Recovery² • ACB Peer Support Group 	12	13 <ul style="list-style-type: none"> • Peer Support Group 	14 <ul style="list-style-type: none"> • Creative Expressions
15	16 <ul style="list-style-type: none"> • Family Peer Support 	17 <ul style="list-style-type: none"> • Hearing Voices/ Parallel Realities • Community Transitions • Substance Use Group 	18 <ul style="list-style-type: none"> • Peer Support Group • Rainbow Peers • Recovery² • ACB Peer Support Group 	19	20 <ul style="list-style-type: none"> • Peer Support Group 	21 <ul style="list-style-type: none"> • Creative Expressions
22	23 <ul style="list-style-type: none"> • Family Peer Support 	24 <ul style="list-style-type: none"> • Hearing Voices/ Parallel Realities • Community Transitions • Substance Use Group 	25 <ul style="list-style-type: none"> • Peer Support Group • Rainbow Peers • Recovery² • ACB Peer Support Group 	26	27 <ul style="list-style-type: none"> • Peer Support Group 	28 <ul style="list-style-type: none"> • Creative Expressions
29	30 <ul style="list-style-type: none"> • Family Peer Support 	31 <ul style="list-style-type: none"> • Hearing Voices/ Parallel Realities • Community Transitions • Substance Use Group 	1	2	3	4

Support Groups Time and Location (in alphabetical order)

- **ACB Peer Support Group** [Wednesdays 7:00-8:30pm on Zoom]
- **Community Transitions** [Tuesdays 6:00-7:15pm on Zoom]
- **Creative Expressions** [Saturdays 12:00pm-2:00pm in Room 211]
- **Family Peer Support** [Mondays 6:30-8:00pm in Room 212 or on Zoom]
- **Hearing Voices/Parallel Realities** [Tuesdays 3:30-4:45pm on Zoom]

- **Online/phone Peer Support Group** [1:00-2:30pm on Zoom]
- **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]

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

PSO Activity Calendar: January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Closed for the Statutory Holiday	3 • Lounge Open	4 • Lounge Open • Creative Well	5 • Lounge Open • Craft and Chat	6 • Movie: <i>Everything Everywhere All At Once</i> • Virtual Drop in • Trivia	7 • Creative Expressions
8	9 • Lounge Open • Britannia Walk • Virtual Drop In	10 • Lounge Open	11 • Lounge Open • Creative Well	12 • Lounge Open • Craft and Chat	13 • Storytelling • Virtual Drop in • Games	14 • Creative Expressions
15	16 • Lounge Open • Britannia Walk • Virtual Drop In • Pictionary	17 • Lounge Open • Snow Painting	18 • Lounge Open • Creative Well	19 • Lounge Open • Craft and Chat	20 • Movie: <i>Top Gun: Maverick</i> • Virtual Drop in • Trivia	21 • Creative Expressions
22	23 • Lounge Open • Britannia Walk • Virtual Drop In • Lasagna Dinner	24 • Lounge Open	25 • Lounge Open • Creative Well	26 • Lounge Open • Craft and Chat	27 • Movie: <i>Disenchanted</i> • Virtual Drop in • Games	28 • Creative Expressions
29	30 • Lounge Open • Britannia Walk • Virtual Drop In • Pictionary	31 • Lounge Open	1	2	3	4

Activity Groups Time and Location (in alphabetical order)

- **Britannia Park Walk** [Mondays 1:00-2:00pm]
- **Craft and Chat** [Thursdays 1:00-2:15pm on Zoom]
- **Creative Expressions** [Saturdays 12:00pm-2:00pm in Room 211]
- **Creative Well Theatre** [Wednesdays 1:00-3:00pm in Room 212]
- **Games** [Alternate Fridays 7:00-8:30pm on Zoom]
- **Lasagna Dinner** [5:00-7:00pm in Mac Hall]
- **Lounge** [Mon., Tues., Thurs., Fri. 12:00-4:00pm, Weds. 12:00-7:00pm in Room 314]

- **Movies** [Fridays 1:00pm in Room 314]
- **Pictionary** [Alternate Mondays 7:00-8:30pm on Zoom]
- **Snow Painting** [2:00-4:00 at Commissioners Park at Dows Lake]
- **Storytelling** [1:00-3:00pm in Room 314]
- **Trivia** [Alternate Fridays 7:00-8:30pm on Zoom]
- **Virtual Lounge** [Mondays and Fridays 4:00-5:00pm on Zoom]