



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

Third Floor Lounge

Wednesdays, Thursdays and Fridays 12:00 pm – 4:00pm (closed August 19th)

The third floor lounge and computer side are open three 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, August 1st for Civic Day and August 19th for Staff Day.

Back to the Beach!

Tuesday, August 16th leave Bronson Centre at 10:00am sharp and return around 4:00pm



What's better than a trip to the beach? Two trips to the beach! It's back to Lac Philippe for BBQ hot dogs, salads, drinks & dessert. **Please let us know in advance if you'd prefer a veggie dog.** Email Cheri cherip@pso-ottawa.ca or give us a call to register. Sign-up for outing starts on August 2nd. Seats are limited.

Britannia Beach BBQ

Tuesday, August 30th 11:00am - 3:00pm at the gazebo
Bus #51 goes to Britannia

This summer we are all about the 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 give us a call to register at 613-567-4379 ext. 115.



PSO at Pride 2022

**Sunday, August 28th
Meet at PSO, Room 212 at 11:30am to walk to parade staging area**

We are inviting 2SLGBTQIA+ peers and allies to join PSO in celebrating the Capital Pride Festival by marching with us in the Pride Parade! The Parade takes place on August 28th at 1 PM. Please come prepared to walk or roll and bring water! Participants are welcome to join Creative Expressions Art Group on Saturday, August 20th 12 - 2 pm Rm 211 to make Pride signs and decorations with provided supplies. If you'd like to be part of PSO's first attendance at the Pride Parade, contact Laura to register: laurav@pso-ottawa.ca or 613-567-4379 ext 212.

July Volunteers

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



Sarah E.	Gail S.	Sandi S.
Caleb F.	Lorraine L.	Peter T.
John P.	Bianca O.	Linda C.
Shawn T.	Jamie S.	Angus W.
Nancy M.	Jenelle D.	Hayley P.
May G.	Philippe S.	Rico B.
Peter M.	Peggy C.W.	Elijah C.
Joe P.	Amanda M.	Cecily L.
Paul M.	Theresa H.	

A Note from Sonja, PSO's Executive Director

Hi All,

I hope you are enjoying the summer as much as I am. Long days with sunshine recharge my batteries.

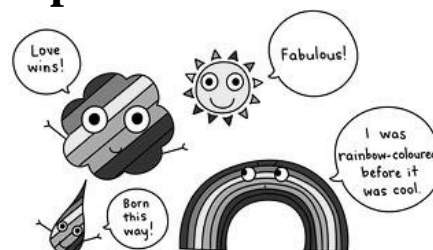
We are experiencing a real period of transition here at PSO. We have some new RC managers, are hiring new hospital peer supporters, people are returning to school, some people are leaving, many are taking summer vacation and COVID keeps circling like a swarm of mosquitos. All of this is to say that I am asking for your understanding and forgiveness in advance if some of our groups or activities don't happen this month. Normally we have enough back up to fill in if someone gets sick or can't work but this month, we just don't. If we have to cancel a group or activity we will contact everyone who is on the sign up list for it and post it on social media. I hope it doesn't happen but my advance apologies if it does.



Adam S.	Jason K.
Alexandra W.	Jennifer L.
Béatrice C.	Jennifer T.
Bianca O-W.	Joanne P.
Carolyn D.	Judy M.
Carrie W.	Lisa K.
Cecily L.	Louise L.
Claude V.	Lucia P.
Daniel W.	Lucy M.
David L.	Marcia C.
David M.	Nicole R.
Dawit D.	Nobuo O.
Diane-Marie R.	Rachelle L.
Donna V.	Sarah H.
Elijah C.	Shawnee W.
James M.	Stan J.

Creative Expressions Pride Edition

**Saturday,
August 20,
12:00pm to
2:00pm in
Room 211**



We were so excited to bring back real life Creative Expressions and then promoted Laura off to be a manager. (Congrats!!!) So we are not meeting regularly in August but as soon as we hire a replacement, we will be running a regular in-person group again. In the meantime, we are having a special PRIDE sign-making day on the 20th. Join us to make signs and decorations to carry in the parade on the 28th. Please note that masks and screening are necessary to attend.

Young Adult Beach and Chill (Ages 16-24)

Sundays 1:00pm to 2:30pm meet near the Britannia Beach Trolley Station

We are meeting up with our young adult population on Sunday afternoons at a hangout at Britannia Park! We will bring activities, and encourage you to do the same! Register with Erica at ericaw@pso-ottawa.ca or ext.124 to attend, as well for more details.

Substance Use Health Group

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

We are starting a peer support group around substance use health challenges. This group will develop with feedback from you on how we want to structure the group. We want to hear from you! What do you need in a group supporting substance use challenges? Register with amandar@pso-ottawa.ca or ext. 116.

PSO Groups Online:

How to Connect with us Online

We still have a lot of groups on Zoom. They 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.

The Virtual Drop-In

Mondays, Tuesdays and Fridays 4:00pm to 5:00pm No group August 19th

Come and join us to catch up & connect with all our peers! For more information

and to register, please contact Steph at stephaniee@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.

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.

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 Amanda R. at amandar@pso-ottawa.ca or 613-567-4379 ext. 116.

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.

PSO's 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

Recreation @ PSO

Walking Groups!

For all 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 Walking Group

Mondays from 1:00pm-2:30pm

Join us for a lovely walk in the park.

Register in advance with Sara sarab@pso-ottawa.ca ext. 216.

Mooney's Bay Walking Group

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

Friday Night Games and Trivia

7:00pm to 8:30pm

Trivia: Friday, August 12th

Games: Friday, August 5th & 26th

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, August 8th & 22nd 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**



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/>

Community Resources

Art in Strathcona Park - MICA

Saturday, August 6th 10:00am-4:00pm

Meet the artists and artisans – enjoy their arts and crafts. BBQ, silent auction and other activities. Rain or shine. Free admission. Call 613-884-6422 for more information.

Full Moon Yoga

Great Lawn, Lansdowne Park August 11th & 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/>

Ontario Virtual Care Clinic

This is virtual primary care for people who need basic healthcare but don't have a family doctor.

<https://www.seethedoctor.ca/>

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

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/>

Counselling Connect offers free counselling sessions over the phone or video call the same day or the next day. www.counsellingconnect.org/

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/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.

Instagram @PSOttawa

Creativity Corner



Please submit artwork and poems to Sonja at sonjac@pso-ottawa.ca

FUSION

When memories resurfaced,
Revealing your past,
The anguish released,
Your reality crashed.

While the pain is unbearable,
You're emerging from flames,
To a phoenix comparable,
Rise high without shame.

Each day you are stronger.
You must keep going,
Fusing yourself and your dreams,
Which are constantly growing.

Out in the open,
The trauma's revealed,
Freeing you now,
For your whole self to be healed

By Dani D.

For the full version check out her Facebook page: *Dani Rising @danidrising*

PSO Support Calendar: August 2022

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

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

PSO Leisure Calendar: August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Closed for Civic Holiday	2 • Virtual Drop in	3 • Lounge Open	4 • Lounge Open • Mooney's Walking Group • Craft and Chat	5 • Lounge Open • Virtual Drop in • Games	6
7 • Young Adults Beach & Chill	8 • Britannia Walking Group • Virtual Drop In • Pictionary	9 • Virtual Drop in	10 • Lounge Open	11 • Lounge Open • Mooney's Walking Group • Craft and Chat	12 • Lounge Open • Virtual Drop in • Trivia	13
14 • Young Adults Beach & Chill	15 • Britannia Walking Group • Virtual Drop In	16 Lac Philippe Outing	17 • Lounge Open	18 • Lounge Open • Mooney's Walking Group • Craft and Chat	19 Closed for Staff Day	20 • Creative Expressions-Pride Decorations
21 • Young Adults Beach & Chill	22 • Britannia Walking Group • Virtual Drop In • Pictionary	23 • Virtual Drop in	24 • Lounge Open	25 • Lounge Open • Mooney's Walking Group • Craft and Chat	26 • Lounge Open • Virtual Drop in • Games	27
28 • Young Adults Beach & Chill • Pride Parade	29 • Britannia Walking Group • Virtual Drop In	30 Britannia BBQ	31 • Lounge Open	1	2	3

Leisure Groups Time and Location (in alphabetical order)

- **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]
- **Lac Philippe Outing** [10:00am-4:00pm]
- **Mooney's Walking Group – Mooney's Beach** [Thursdays 2:30-3:30pm]
- **Park walking group - Britannia Beach** [Mondays 1:00-2:30pm]
- **Pictionary** [Alternate Mondays 7:00-8:30pm on Zoom]

- **Pride Parade**
- **Lounge** [Wednesdays, Thursdays, Fridays 12:00-4:00 in Room 314]
- **Trivia** [Alternate Fridays 7:00-8:30pm on Zoom]
- **Britannia BBQ** [11:00am-3:00pm]
- **Virtual Lounge** [Mondays, Tuesdays and Fridays 4:00-5:00pm on Zoom]
- **Young Adults Beach & Chill - Britannia Beach** [Sundays 1:00-2:30pm]

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