



# 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)

## Creative Well Theatre Project

At the Bronson Centre, 211 Bronson St.

**FREE Show:** "Low School: Stories of surviving High School"

Thur., June 13<sup>th</sup> & 20<sup>th</sup> 7:00-8:30pm RM 103

Fri., June 14<sup>th</sup> & 21<sup>st</sup> 1:00-2:30pm RM 103

Sun., June 16<sup>th</sup> & 23<sup>rd</sup> 1:00-3:00 pm RM 212

**Sunday shows offer audience members a chance to share their stories and watch actors re-enact them on the spot through improv, music and movement.**

A performance everyone can relate to regarding experiences and impacts of high school on mental health and self-worth that influence who we are today.

## Celebration of life for Dan G.

Thurs., June 13<sup>th</sup> from 12:15-1:00pm

**In the Lounge**

We are so sad to share that beloved PSO member Daniel G. passed away in April. He liked dark chocolate, ice cream, green curry, going for walks, and cooking for his family. Dan could be found taking aloe leaves off the plant in the lounge to help peers with a sunburn. He also gave great hugs and his kind, gentle soul was a comfort to peers. He also would fix anyone's bike without question. His absence will be felt by many. Please come to the lounge, groups and walks if you need to talk with fellow peers who loved Dan. If you need to speak with someone at the Distress Centre, their number is 613-238-3311.

**PSO WILL BE CLOSED**  
Friday June 7<sup>th</sup> for Cleaning Day

## Birthday Cake Day!

Wed., June 19<sup>th</sup> at 3:30pm in the Lounge



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

## Summer Solstice Indigenous Festival at Mādahoki Farm

Fri., June 21<sup>st</sup> 11:30am

**Meet at Algonquin College at the Shuttle pick up location by the Advanced Tech. Centre. Map on the PSO website or request from Cheri or in the lounge.**

The Summer Solstice Indigenous Festival is a multi-disciplinary arts festival that brings together Indigenous artists, performers, educators, students, and community members to share knowledge and celebrate Canada's diverse Indigenous cultures. Register with reception at 613-567-4379 or email [cherip@pso-ottawa.ca](mailto:cherip@pso-ottawa.ca)



## Karaoke

Wed., June 26<sup>th</sup> at 4:00pm-6:00pm in the Lounge

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



## Note from Sonja

### PSO's Executive Director

April and May were big months for conferences. My two favourites were the PeerWorks Conference in Toronto, which was a chance to look at the history of the Consumer/Survivor movement and make plans to preserve our history as a social movement, as well as make plans for our future. The other was the BIG (Basic Income Guarantee) Forum, where people from all over Canada gathered to discuss how we can make income security a reality for everyone.

## Happy Birthday!

Allan M.	Julia B.	Richard A.H.
Andrew T.	Lain P.	Robin C.
Anita M.	Liseanne M.	Sandra-
Brandon C.	Lyne-Marie R.	Lynne B.
Bryan R.	Makayla B.	Sara B.
Celine T.	Mario L.	Sarah G.
Charles R.	Matthew M.	Saye N.
Charlotte K.	Melanie Q.	Shannon F.
Courtney B.	Mohamed A.	Sheena Y.
Devin O.	Natasha S.	Shirley F.
Erin A.	Olivia G.	Skyler R.
Gille L.	Patricia G.	Tanya A.
Jada D.	Peter B.	Turner M.
John P.	Pierre-Yvan R	

## May Volunteers

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

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

## 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 HYBRID - 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



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

## Rainbow Peers

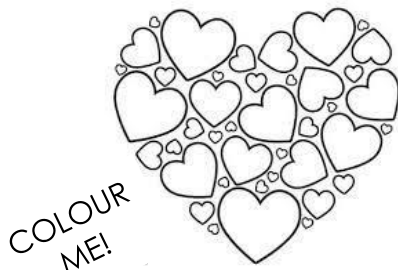
**Wed., 4:30pm-5:45pm on Zoom**

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@psu-ottawa.ca](mailto:nekob@psu-ottawa.ca) or 613-567-4379 ext. 100.

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

## Family Support

### Family Peer Support Group

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

June 3<sup>rd</sup> & 17<sup>th</sup> in person, and June 10<sup>th</sup> & 24<sup>th</sup> on Zoom. For information and the Zoom link, contact Sean at [seand@psu-ottawa.ca](mailto:seand@psu-ottawa.ca). 613-567-4379 ext. 221.

**For individual Family Peer Support, please contact Sean at [seand@psu-ottawa.ca](mailto:seand@psu-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@psu-ottawa.ca](mailto:beataz@psu-ottawa.ca) or 613-567-4379 ext. 123.

## 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**

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.

### Dows Lake Walk

**Wed., 2:00pm-3:00pm. Meet at the pavilion**

Join us at our new walk location at Dows Lake. This replaces the Mooney's Bay walk. Meet Phil in front of the main pavilion by the boats. 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., 14<sup>th</sup> & 28<sup>th</sup>**

**Games: Fri., 21<sup>st</sup>, (no June 7<sup>th</sup> PSO is closed)**

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.

Speak to  
YOURSELF  
\*with\*  
KINDNESS

## Creative Well Theatre Project

Wed., 1:00pm-3:00pm in Room 212

### FREE SHOW:

“Low School: Stories of surviving High School”

A performance everyone can relate to regarding experiences and impacts of high school on mental health and self-worth that influence who we are today.

Thur., June 13<sup>th</sup> & 20<sup>th</sup> 7:00-8:30pm RM 103

Fri., June 14<sup>th</sup> & 21<sup>st</sup> 1:00-2:30pm RM 103

Sun., June 16<sup>th</sup> & 23<sup>rd</sup> 1:00-3:00 pm RM 212

Sunday shows offer audience members a chance to share their stories and watch actors re-enact them on the spot through improv, music and movement.

## 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@psottawa.ca](mailto:brookec@psottawa.ca) or 613-567-4379 ext. 211.

## Friday Films

1:00 pm in the Lounge



**June 14<sup>th</sup>: Bob Marley: One Love**

*Biography, Drama, Music. 1h 47m. 12A*

The story of how reggae icon Bob Marley overcame adversity, and the journey behind his revolutionary music.

**June 21<sup>st</sup>: Madame Web**

*Action, Adventure, Sci-fi. 1h 56m. 12A*

Cassandra Webb is a New York metropolis paramedic who begins to demonstrate signs of clairvoyance. Forced to challenge revelations about her past, she needs to safeguard three young women from a

deadly adversary who wants them destroyed.

**June 28<sup>th</sup>: Argyll**

*Action, Comedy, Thriller. 2h 19m. 12A*

A reclusive author who writes espionage novels about a secret agent and a global spy syndicate realizes the plot of the new book she's writing starts to mirror real-world events, in real time.

## 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](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/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.

## Creativity Corner

Please submit artwork and poems to Sonja at [sonjac@pso-ottawa.ca](mailto:sonjac@pso-ottawa.ca)

### A time of year

Now we gather together  
to watch as night falls  
enclosed in towering walls  
And protected against the weather

Then, a beginning of a new song  
A note that stretches for moments,  
hushing comments  
telling us we belong

A celebration, of all the earth,  
We are set free  
From the decay, and we see  
What we are worth

Soon we are to share the news  
With a wanderlust  
And with divine trust  
And nothing to lose  
*Anonymous*

# PSO Support Calendar: June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 26	27	28	29	30	31	JUNE 1
	<ul style="list-style-type: none"> <li>Family Peer Support on Zoom</li> </ul>	<ul style="list-style-type: none"> <li>Hearing Voices/ Parallel Realities</li> <li>Community Transitions</li> </ul>	<ul style="list-style-type: none"> <li>Online Peer Support Group</li> <li>Rainbow Peers</li> <li>ACB Peer Support</li> </ul>	<ul style="list-style-type: none"> <li>In Person Peer Support Group</li> <li>Recovery<sup>2</sup> Hybrid</li> </ul>		<ul style="list-style-type: none"> <li>Creative Expressions</li> </ul>
2	3	4	5	6	7	8
	<ul style="list-style-type: none"> <li>Family Peer Support in Person</li> </ul>	<ul style="list-style-type: none"> <li>Hearing Voices/ Parallel Realities</li> <li>Community Transitions</li> </ul>	<ul style="list-style-type: none"> <li>Online Peer Support Group</li> <li>Rainbow Peers</li> <li>ACB Peer Support</li> </ul>	<ul style="list-style-type: none"> <li>In Person Peer Support Group</li> <li>Recovery<sup>2</sup> Hybrid</li> </ul>	<b>PSO CLOSED CLEANING DAY</b>	<ul style="list-style-type: none"> <li>Creative Expressions</li> </ul>
9	10	11	12	13	14	15
	<ul style="list-style-type: none"> <li>Family Peer Support on Zoom</li> </ul>	<ul style="list-style-type: none"> <li>Hearing Voices/ Parallel Realities</li> <li>Community Transitions</li> </ul>	<ul style="list-style-type: none"> <li>Online Peer Support Group</li> <li>Rainbow Peers</li> <li>ACB Peer Support</li> </ul>	<ul style="list-style-type: none"> <li>In Person Peer Support Group</li> <li>Recovery<sup>2</sup> Hybrid</li> </ul>		<ul style="list-style-type: none"> <li>Creative Expressions</li> </ul>
16	17	18	19	20	21	22
	<ul style="list-style-type: none"> <li>Family Peer Support in person</li> </ul>	<ul style="list-style-type: none"> <li>Hearing Voices/ Parallel Realities</li> <li>Community Transitions</li> </ul>	<ul style="list-style-type: none"> <li>Online Peer Support Group</li> <li>Rainbow Peers</li> <li>ACB Peer Support</li> </ul>	<ul style="list-style-type: none"> <li>In Person Peer Support Group</li> <li>Recovery<sup>2</sup> Hybrid</li> </ul>		<ul style="list-style-type: none"> <li>Creative Expressions</li> </ul>
23 / 30	24	25	26	27	28	29
	<ul style="list-style-type: none"> <li>Family Peer Support on Zoom</li> </ul>	<ul style="list-style-type: none"> <li>Hearing Voices/ Parallel Realities</li> <li>Community Transitions</li> </ul>	<ul style="list-style-type: none"> <li>Online Peer Support Group</li> <li>Rainbow Peers</li> <li>ACB Peer Support</li> </ul>	<ul style="list-style-type: none"> <li>In Person Peer Support Group</li> <li>Recovery<sup>2</sup> Hybrid</li> </ul>		<ul style="list-style-type: none"> <li>Creative Expressions</li> </ul>

## 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]

# PSO Activity Calendar: June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May 26</b> • Lounge Open	<b>27</b> • Lounge Open • Britannia Walk • Virtual Drop In	<b>28</b> • Lounge Open	<b>29</b> • Lounge Open • Creative Well • Dows Lake Walk	<b>30</b> • Lounge Open • Craft and Chat	<b>31</b> • Movie: Mean Girls • Virtual Drop In • Games	<b>JUNE 1</b> • Creative Expressions
<b>2</b> • Lounge Open	<b>3</b> • Lounge Open • Britannia Walk • Virtual Drop In	<b>4</b> • Lounge Open	<b>5</b> • Lounge Open • Dows Lake Walk	<b>6</b> • Lounge Open • Craft and Chat	<b>7</b> <b>PSO CLOSED Cleaning Day</b>	<b>8</b> • Creative Expressions
<b>9</b> • Lounge Open	<b>10</b> • Lounge Open • Britannia Walk • Virtual Drop In	<b>11</b> • Lounge Open	<b>12</b> • Lounge Open • Dows Lake Walk	<b>13</b> • <b>Celebration of Life for Daniel G.</b> • Lounge Open • Craft and Chat • <b>Creative Well Show</b>	<b>14</b> • Movie: <i>Bob Marley: One Love</i> • Virtual Drop In • Trivia • <b>Creative Well Show</b>	<b>15</b> • Creative Expressions
<b>16</b> • Lounge Open • <b>Creative Well Show</b>	<b>17</b> • Lounge Open • Britannia Walk • Virtual Drop In	<b>18</b> • Lounge Open	<b>19</b> • <b>Birthday Cake Day</b> • Lounge Open • Dows Lake Walk	<b>20</b> • Lounge Open • Craft and Chat • <b>Creative Well Show</b>	<b>21</b> • <b>Summer Solstice at Mādahoki Farm</b> • Movie: <i>Madame Web</i> • Virtual Drop In • Games • <b>Creative Well Show</b>	<b>22</b> • Creative Expressions
<b>23/30</b> • Lounge Open • <b>Creative Well Show (23<sup>rd</sup>)</b>	<b>24</b> • Lounge Open • Britannia Walk • Virtual Drop In	<b>25</b> • Lounge Open	<b>26</b> • <b>Karaoke 4-6 pm</b> • Lounge Open • Dows Lake Walk	<b>27</b> • Lounge Open • Craft and Chat	<b>28</b> • Movie: <i>Argylle</i> • Virtual Drop In • Trivia	<b>29</b> • 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 Rm 314(lounge)]</li> <li><b>Britannia Park Walk</b> [Mon. 1:00pm-2:00pm]</li> <li><b>Celebration of Life for Dan G. [Thurs., June 13<sup>th</sup> 12:15pm in the lounge]</b></li> <li><b>Craft and Chat</b> [Thurs. 1:00pm-2:15pm on Zoom]</li> <li><b>Creative Expressions</b> [Sat.12:00pm-2:00pm in Rm211]</li> </ul>	<ul style="list-style-type: none"> <li><b>Creative Well Show</b> [Thurs, 13<sup>th</sup> &amp; 20<sup>th</sup> 7:00pm; Fri., 14<sup>th</sup> &amp; 21<sup>st</sup> 1:00pm; RM 103, Sun., June 16<sup>th</sup> &amp; 23<sup>rd</sup> 1:00pm in Rm 212]</li> <li><b>Dows Lake Walk</b> [Weds. 2:00pm-3:00pm Pavilion]</li> <li><b>Games</b> [Alternate Fri. 7:00pm-8:30pm on Zoom]</li> <li><b>Karaoke</b> [Wed. 4:00pm-6:00pm in Rm 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> </ul>	<ul style="list-style-type: none"> <li><b>Movies</b> [Fri. 1:00pm in Rm 314]</li> <li><b>Summer Solstice at Mādahoki Farm</b> [Fri., June 21<sup>st</sup> 11:30 am]</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> </ul>
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