



# 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)

## Kateri Land Outing

**Monday, June 26<sup>th</sup> meet at 10:00am at Bronson Centre Lobby**

Kateri Native Ministry has invited us back to visit their Land outside of Ottawa. Donna will be leading us in a sharing circle with songs and stories. There will be time for nature meditation or self-guided exploration of the Land. Bring some water and prepare for the weather. We will arrange lunch. The bus seats are limited. Please register with Cheri at [cherip@pso-ottawa.ca](mailto:cherip@pso-ottawa.ca) or ext. 115 as of June 1<sup>st</sup>.

## Creative Well Play: “Jacob’s World; In Isolation”

**Tuesday, June 13<sup>th</sup> from 7:00pm-9:00pm in Mac Hall, Bronson Centre FREE**

Join us for a forum theatre play addressing the impact of isolation on mental health. Audience members will be invited to step into the action of the play to transform our protagonists’ experience scene by scene.

## Zentangle with Nancy Solange

**Monday, June 5<sup>th</sup> from 4:00pm – 6:00pm in Room 211**

Elevate your doodling game by joining Zentangle master Nancy Solange for another afternoon of judgement-free meditative drawing using repeated shapes.

## Welcome to Our New Staff!

We are lucky to have some new faces join us. Jessica R. is back with the Virtual Support Project, Cindy W. is our new Recreation Support staff and Nancy M.K. is the Peer Support Training Coordinator. Samantha L. has joined us as a placement student for the summer. Please give them all a warm welcome!

## Lounge Hours Changes!

**Mondays & Wednesdays 12:00pm-7:00pm**

**Tuesdays, Thursdays, Fridays, Sundays 12:00pm – 4:00pm (Sundays start June 11<sup>th</sup>)**

The third floor lounge is now open six days and two evenings per week. Masking in PSO spaces is recommended but not mandatory. If you seem to be physically unwell we reserve the right to ask you not to come in.

## Below the Dirt Art Exhibit Outing

**Friday, June 30<sup>th</sup> at 1:00pm meeting at SAW Gallery, 67 Nicolas St.**

We are taking in Below the Dirt Art Exhibit showcasing art by Chronically-III and Queer Creatives.

The call for artists is open until June 15<sup>th</sup> and more information is available in the Community Corner section of this newsletter on page 6.

## Happy Birthday!

Anita M.	John P.
Ashley M.	Mahmood A.
Bryan T.	Mike D.
Cecile L.	Mohamed A.
Celine T.	Mycah K.
Charles R.	Patricia G.
Courtney B.	Peter B.
Daniel G.	Robin C.
Daniel P.	Sandra-Lynne B.
Denise L.	Sean E.
Heather W.	Sheena Y.
Jeffery S.	

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

## Creative Expressions

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

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. We are still screening but masks will be optional.

Contact Brooke for more information [brookec@pso-ottawa.ca](mailto:brookec@pso-ottawa.ca) or ext. 211.

## In Person Peer Support Group

**Thursdays from 1:00pm-2:30pm in Room 212**

Join Anthony G. and Scott W. for some in person mutual support at our newly returned peer support group.

## Recovery<sup>2</sup> (Recovery Squared)

**Thursdays 5:30pm-7:00pm in Room 211 EXCEPT last Thursday of the month, when the group will be on Zoom only**

If you struggle with substance use while navigating mental health challenges, join our non-judgmental space. We take turns sharing from our own experience. Register for the in person group with Caroline [carolinep@pso-ottawa.ca](mailto:carolinep@pso-ottawa.ca) or ext. 222.

To register for the online meeting, please contact Tyrone at [tyroneg@pso-ottawa.ca](mailto:tyroneg@pso-ottawa.ca) or ext. 214.

## May Volunteers

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

Anthony G.	Laurel D.	Peter M.
Cindy W.	Leeanne	Peter T.
Daniel H.	V.T.	Philip W.
Dejan S.	Linda C.	Philippe S.
Emily Z.	Lorraine P.	Rico B.
Glendyn K.	Mark E.	Ro D.
Hannah V.	May G.	Sandi S.
Jamie S.	Nancy M.	Sarah E.
Jenelle D.	Nika K.	Scott W.
Jess W. K.	Nina S.	Shawn S.
John P.	Peggy C.	Shawn T.

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

Hi Friends,

I hope everyone is finding something to enjoy in this springtime. I am feeling gratitude for the return of longer days and blooming flowers, despite all the pollen trying to kill me.

You may know Cindy as a reception volunteer and now she is a member of our recreation team, working the new Monday evening and Sunday afternoon shifts, amongst others.

Nancy M.K. will be facilitating our Peer Support Trainings and managing the Peer 2 Peer Wellness matching program. She will soon be looking around for volunteers willing to match with peers leaving the hospital.

Now that we are lucky enough to have 2 Nancys in the office, WRAP and Pathways Nancy will be known as Nancy Solange or just Solange to reduce confusion.

**PSO Groups Online:****How to Connect with us Online**

Please contact the person listed in the group 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 and Fridays 4:00pm to 5:00pm**

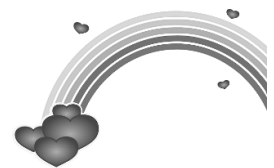
Join us to catch up & connect with all our peers! For more information and the Zoom link, please contact Caroline P. at [carolinep@pso-ottawa.ca](mailto:carolinep@pso-ottawa.ca) or ext. 222.

**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. To register, please contact Dana I. at [danai@pso-ottawa.ca](mailto: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](mailto:bried@pso-ottawa.ca) or at 613-567-4379 ext. 122.

**Online Peer Support Group –  
Changes!!****Wednesdays 1:00pm to 2:30pm**

The online Peer Support Group will now be on Wednesdays only and in person Peer Support Group will be at 211 Bronson Ave. room 212 Thursdays at 1:00pm. For the link to the online meeting and the call in number, please contact Dana at [danai@pso-ottawa.ca](mailto:danai@pso-ottawa.ca), or 613-567-4379 ext. 223

### **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@pso-ottawa.ca](mailto:sarab@pso-ottawa.ca) or 613-567-4379 ext. 216.

### **Family Peer Support Group**

**Mondays 6:30pm-8:00pm in Room 212 or on Zoom**

In person: first Monday of each month (no registration required). On Zoom: remaining three Mondays of the month (registration required). To register, contact Sean at [seand@pso-ottawa.ca](mailto:seand@pso-ottawa.ca), 613-567-4379 ext. 221.

For individual Family Peer Support, please contact Sean D. or Beata Z. at [beataz@pso-ottawa.ca](mailto:beataz@pso-ottawa.ca) or ext. 123.

### **Family WRAP**

**Starting Wednesday, June 14<sup>th</sup>**

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. To register, contact Beata at [beataz@pso-ottawa.ca](mailto:beataz@pso-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 Z. at [beataz@pso-ottawa.ca](mailto:beataz@pso-ottawa.ca).

### **Family Dialogue about Communication Workshop**

**Starting Wednesday, September 27<sup>th</sup> 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@pso-ottawa.ca](mailto:beataz@pso-ottawa.ca) or 613-567-4379 ext. 123

### **Recreation @ PSO**

#### **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](mailto:ericaw@pso-ottawa.ca) or ext. 124.

### **Friday Films at 1pm**

#### **June 2<sup>nd</sup> – A Man Called Otto Drama/Comedy**



Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

## June 9<sup>th</sup> – Big George Foreman

### Biography/Sport

From Olympic Gold medalist to World Heavyweight champion, boxer George Foreman leads a remarkable life. He finds his faith, retires and becomes a preacher. When financial hardship hits his family and church, George steps back in the ring at age 45.

## June 16<sup>th</sup>– Dungeons & Dragons: Honor Among Thieves

### Action

A charming thief and a band of unlikely adventurers embark on an epic quest to retrieve a lost relic, but things go dangerously awry when they run afoul of the wrong people.

## June 23<sup>rd</sup>– Avatar: The Way of Water

### Fantasy/Adventure

Jake Sully lives with his newfound family formed on the extrasolar moon Pandora. Once a familiar threat returns to finish what was previously started, Jake must work with Neytiri and the army of the Na'vi race to protect their home. *Note: this movie starts at 12:30pm*

## June 30<sup>th</sup>– Spinning Gold

### Biography/Music

A biopic of 1970s record producer Neil Bogart, co-founder of Casablanca Records.

## 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](mailto:stephaniee@pso-ottawa.ca) or at 613-567-4379 ext. 125.

## Friday Night Games and Trivia

7:00pm to 8:30pm

Trivia: Friday, June 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup>

Games: Friday, June 9<sup>th</sup> & 23<sup>rd</sup>

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 ext. 114.

## Community Resources

### Creative Cafe

Friday, June 16<sup>th</sup> at 5:00pm at 211 Bronson Ave. Room 211

Please join us at the last café of the summer with the **Back up Band, In the Wind Art collective**, and **performers**. Artists interested in creating a printable digital file of their own traditional art can have a new way to sell their work. Learn more here:

<http://creativecafefacreatif.com/in-the-wind/>



## PSO Support Calendar: June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 • Family Peer Support	30 • Hearing Voices/ Parallel Realities • Community Transitions	31 • Online Peer Support Group • Rainbow Peers • ACB Peer Support Group	1 • Peer Support Group • Recovery <sup>2</sup>	2	3 • Creative Expressions
4	5 • In person Family Peer Support	6 • Hearing Voices/ Parallel Realities • Community Transitions	7 • Online Peer Support Group • Rainbow Peers • ACB Peer Support Group	8 • Peer Support Group • Recovery <sup>2</sup>	9	10 • Creative Expressions
11	12 • Family Peer Support	13 • Hearing Voices/ Parallel Realities • Community Transitions	14 • Online Peer Support Group • Rainbow Peers • ACB Peer Support Group	15 • Peer Support Group • Recovery <sup>2</sup>	16	17 • Creative Expressions
18	19 • Family Peer Support	20 • Hearing Voices/ Parallel Realities • Community Transitions	21 • Online Peer Support Group • Rainbow Peers • ACB Peer Support Group	22 • Peer Support Group • Recovery <sup>2</sup>	23	24 • Creative Expressions
25	26 • Family Peer Support	27 • Hearing Voices/ Parallel Realities • Community Transitions	28 • Online Peer Support Group • Rainbow Peers • ACB Peer Support Group	29 • Peer Support Group • Online Recovery <sup>2</sup>	30	1 <b>Closed for Canada Day</b>

### 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]

- **In Person Peer Support Group** [1:00-2:30pm in Room 212]
- **Online/phone Peer Support Group** [1:00-2:30pm on Zoom]
- **Rainbow Peers** [Wednesdays 4:30-5:45pm on Zoom]
- **Recovery<sup>2</sup>** [Thursdays 5:30-7:00pm in Room 211 or on Zoom]

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# PSO Activity Calendar: June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b>	<b>29</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li>Britannia Walk</li> <li>Virtual Drop In</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li>Craft and Chat</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Movie: <i>A Man Called Otto</i></li> <li>Virtual Drop In</li> <li>Trivia</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Creative Expressions</li> </ul>
<b>4</b>	<b>5</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li>Britannia Walk</li> <li>Virtual Drop In</li> <li><b>Zentangle</b></li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li>Craft and Chat</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Movie: <i>Big George Foreman</i></li> <li>Virtual Drop In</li> <li>Games</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Creative Expressions</li> </ul>
<b>11</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li>Britannia Walk</li> <li>Virtual Drop In</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li><b>Creative Well Theatre</b></li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li>Craft and Chat</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Movie: <i>Dungeons &amp; Dragons: Honor Among Thieves</i></li> <li>Virtual Drop In</li> <li>Trivia</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Creative Expressions</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li>Britannia Walk</li> <li>Virtual Drop In</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li>Craft and Chat</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>Movie: <i>Avatar: The Way of Water</i></li> <li>Virtual Drop In</li> <li>Games</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Creative Expressions</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li>Britannia Walk</li> <li>Virtual Drop In</li> <li>Kateri Outing</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Lounge Open</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Lounge Open</li> <li>Craft and Chat</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li><b>Art Exhibit</b></li> <li>Movie: <i>Spinning Gold</i></li> <li>Virtual Drop In</li> <li>Trivia</li> </ul>	<b>1</b> <p style="text-align: center;"><b>Closed for Canada Day</b></p>

## Activity Groups Time and Location (in alphabetical order)

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|---|--|
| <ul style="list-style-type: none"> <li>• <b>Below the Dirt Art Exhibit</b> [Friday 1:00-4:00pm at SAW Gallery]</li> <li>• <b>Britannia Park Walk</b> [Mondays 1:00-2:00pm]</li> <li>• <b>Craft and Chat</b> [Thursdays 1:00-2:15pm on Zoom]</li> <li>• <b>Creative Expressions</b> [Saturdays 12:00pm-2:00pm in Room 211]</li> <li>• <b>Creative Well Theatre</b> [Tuesday 7:00-9:00pm in Mac Hall]</li> <li>• <b>Games</b> [Alternate Fridays 7:00-8:30pm on Zoom]</li> <li>• <b>Kateri Land Outing</b> [Monday 10:00am-3:00pm meet at Bronson Lobby]</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Lounge</b> [Tues., Thurs., Fri., Sun. 12:00-4:00pm, Mon &amp; Weds. 12:00-7:00pm in Room 314]</li> <li>• <b>Movies</b> [Fridays 1:00pm in Room 314, <i>except June 23 which begins at 12:30pm</i>]</li> <li>• <b>Trivia</b> [Alternate Fridays 7:00-8:30pm on Zoom]</li> <li>• <b>Virtual Lounge</b> [Mondays and Fridays 4:00-5:00pm on Zoom]</li> <li>• <b>Zentangle</b> [Monday 4:00-6:00pm in Room 211]</li> </ul> |
|---|--|

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