



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

Winterlude

Ice Sculptures tour

Tuesday, Feb. 11th at 2:00pm meet at the North East corner of Bank and Sparks St.

Join us on Sparks St. to check out the ice sculptures while enjoying a Beavertail and beverage. Sign up with reception at 613-567-4379.

Storytelling with Donna

Wednesday, Feb. 12th at 1:00pm in the Lounge (Room 314)

Knowledge Keeper Donna Naught from Kateri Native Ministry is continuing to share with us the meaning of Indigenous storytelling. She will tell us a story and we are invited to share our own stories as an exchange.



Birthday Cake Day

Wednesday, Feb. 19th at 3:30pm in the Lounge (Room 314)

Join us to celebrate members' birthdays. If you have a birthday this month come in for some yummy cake!

NEW game night

Monday, Feb. 24th from 4:30pm-6:00pm in the Lounge (Room 314)

Join us in person for some fun on our **Boggle** game night. We will teach everyone how to play.

PSO WILL BE CLOSED

Thurs. & Fri. Feb. 13th and 14th
 for staff training and
 Mon. Feb. 17th for Family Day.



Karaoke

Wednesday, Feb. 26th from 4:00pm-6:00pm in the Lounge (Room 314)

Come on in and sing some of your favourite tunes!

Celebration of life for Jerry G. (Leaf)

Monday, Feb. 10th 1:00pm-2:00pm in the Lounge (Room 314)

We are so sad to share that beloved PSO member Jerry (Leaf) passed away in January. Please join us for the celebration or come to the lounge, groups and walks if you need to talk with fellow peers. If you need to speak with someone at the Distress Centre, their number is 613-238-3311.

Please check your mailed Update, if your name on the front of the envelope is highlighted, then please fill out the membership form and send it back.

PSO's Executive Director

Hi Everyone,

I don't know about you, but January has felt pretty intense for me.

First of all, it was a sad shock to lose our friend Jerry so soon. I am thankful that we are able to meet as a community to celebrate such a caring person.

We also learned that we lost Kevin Healey, leader in the Canadian Hearing Voices peer movement. His workshops and Hearing Voices Cafés were a revelation and inspired PSO in our approach to voice hearing.

Of course, where there is darkness there also has to be light. PSO was part of a collective application to create a west-end HART Hub offering supports and treatment to people experiencing concerns or distress with their substance use health. We just learned that it has been approved for funding and PSO will be offering the peer support portion. We are beyond excited to take part in this innovative non-hospital approach.

It's a tough time for people who watch or read the news. When it's full of the politics of division and hatred, we may feel alone and hopeless, but we aren't alone. There are always others who share our concerns.

All interested PSO staff were able to take in a leadership conference focused on building communities of psychological safety and radical love. It was inspiring and showed ways to be together that recognizes each person's humanity and doesn't expect perfection. When they showed us a new technique they discovered called "Grief Circles" our team recognized them as peer support groups.

Who knew?

Wishing everyone luck as we enter the Lunar New Year of the Snake. May all good things slither your way!



- | | | |
|-------------------|-------------|--------------|
| Ahmed I. | Darry M. | Kristen R. |
| Aliria M. | Debra G. | Laura D. |
| Amanda M. | Guy D. | Liz J. |
| Amie B. | Haily D. | Michele N. |
| Angela K. | Jachja A. | Mohammed Y. |
| Baiba V. | Jane O. | Naiomi B. |
| Brian K. | Jean B. | Nic W. |
| Carol C. | Jennifer H. | Paul D. |
| Carol J. | Jeremy C. | Peggy C. |
| Casey H. T. | Jonathan B. | Sacha B. |
| Chelsea M. | Karl- | Sebastian D. |
| Christina De S. | Stephane B. | Shannon S. |
| Christopher S. R. | Katja W. | Sheena G. |
| Claire M. | Keely M. | Skye M. |
| Connor F. | Kelly P. | Sue H. |
| | Kendra M. | Tim T. |
| | Kimberly H. | Valerie D. |

January Volunteers

Massive thanks to our wonderful volunteers! You help make PSO such a great place to be! If you would like to volunteer, contact Werner at wernerz@pso-ottawa.ca

- | | | |
|-------------|------------|------------|
| Anthony G. | Jess W. K. | Peter T. |
| Brendan | John P. | Philip W. |
| Candice C. | Justina | Racha |
| Cassidy | Leeanne V | Rico B. |
| Christie E. | Marcus S. | Ro D. |
| Courtney B. | May G. | Sandi S. |
| Debbie | Mylene P. | Sarah E. |
| Dejan S. | Ocean O. | Shawn T. |
| Ginny G. | Peter M. | Shirley F. |
| Isabelle U. | | |



In person supports

The Lounge

Mon. & Wed. 12:00pm-7:00pm.
Tues., Thurs., & Fri., 12:00pm-4:00pm.
Sun., 12:00pm-4:00pm (No computers)

**** Closed Feb. 13th & 14th for staff training**

Peer support and the computer room is available Mon. to Fri. 12:00pm-4:00pm

Join us at the Bronson Centre in Rm 314 to enjoy some company, games, and just hang out.

Recovery² (Recovery Squared)

Thurs., 5:30pm-7:00pm HYBRID - in Room 211 and on Zoom.

****No group Feb. 13th**

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@psso-ottawa.ca or 613-567-4379 ext. 100. No registration is required to attend the in-person meeting.

Peer Support Group

Thurs., 1:00pm-2:30pm in Room 212

****No Group Feb. 13th**

Join our supportive peer support volunteers for some in person mutual support. No registration required.

Online supports

Please contact the person listed in the group description for the Zoom link or phone number or sign up via our website.

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@psso-ottawa.ca or 613-567-4379 ext. 223.

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@psso-ottawa.ca or 613-567-4379 ext. 205.



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@psso-ottawa.ca or 613-567-4379 ext. 223

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 call-in number, please contact Laura G. at laurag@ps0-ottawa.ca or 613-567-4379 ext. 201.

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@ps0-ottawa.ca or 613-567-4379 ext.219.

Family Support

Family Peer Support Group

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

In person: Feb. 10th. On Zoom: Feb. 3rd & 24th. For information and the Zoom link, contact Sean at seand@ps0-ottawa.ca. 613-567-4379 ext. 122. **For individual Family Peer Support, please** contact Sean at seand@ps0-ottawa.ca, 613-567-4379 ext. 122.

Family Support Newsletter

This e-newsletter offers information on free community resources, wellness strategies and more. To subscribe, contact Beata at beataz@ps0-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@ps0-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@ps0-ottawa.ca or 613-567-4379 ext.115.

The Virtual Drop-In on Zoom

Mon. and Fri., 4:00pm-5:00pm

**** No Drop-in on Fri. Feb 14th.**

Join us to catch up & connect with all our peers! For more information and the Zoom link, please contact Shawnee at shawneew@ps0-ottawa.ca or ext. 114.

Friday Night Games & Trivia

7:00pm-8:30pm

Games: Fri., Feb. 7th, & 28th

Trivia: Fri., Feb. 21st

**** No games on Fri. Feb 14th.**

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 at shawneew@ps0-ottawa.ca or 613-567-4379 ext. 114.

Craft and Chat on Zoom

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

**** No group on Feb. 13th**

Up for some casual conversation and creativity? Whatever your craft is, bring it and hang out with us on Zoom or just come to chat! 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 and supplies for all types of art. All skill levels are welcome. Contact Brooke for more information broocec@pso-ottawa.ca or 613-567-4379 ext. 221.

Friday Films at 1:00pm in the Lounge



Feb. 7th: The Wild Robot

Computer Animation, Survival, Sci-Fi. 1h 42m.
Rating: U

After a shipwreck, an intelligent robot called Roz is stranded on an uninhabited island. To survive the harsh environment, Roz bonds with the island's animals and cares for an orphaned baby goose.

Feb. 21st: We Live in Time

Feel Good Romance, Drama. 2h 8 min.
Rating 15

After an unusual encounter, a talented chef and a recently divorcée fall in love and build the home and family they've always dreamed of, until a painful truth puts their love story to the test.

Feb, 28th: Gladiator II

Action Epic, Period Drama, Action, Adventure. 2h 28m. Rated 15

After his home is conquered by the tyrannical emperors who now lead Rome, Lucius is forced to enter the Colosseum and must look to his past to find strength to return the glory of Rome to its people.

Support Resources

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.

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

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

211 INFOLINE is a helpline that easily connects people to the social services, programs and community supports they need. <https://211ontario.ca/> Dial or text 211, or CHAT - <https://211ontario.ca/chat/>

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

CONNEX Ontario Reach out to ConnexOntario any time via phone, text, live chat, or email for access to services. We're available 24/7, 365 days a year, to provide information and compassionate support for mental health, addiction and problem gambling. You can call for yourself, a loved one, or a client.

1-866-531-2600 <https://connexontario.ca/>

Text CONNEX to 247247

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

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



Instagram @PSOttawa



Website www.pso-ottawa.ca/



Facebook

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

<https://www.facebook.com/psychiatricurvivorsottawa@psychiatricsurvivorsottawa>. Not monitored on a regular basis. Please adhere to PSO's, as well as our Facebook group's codes of conduct.



Ro D. and Sarah E. at PSO Planning Dinner

PSO Support Calendar: February 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|---|--|--|---|---|---|
| Jan. 26 | 27 • Family Peer Support In Person | 28 • Hearing Voices/ Parallel Realities • Community Transitions | 29 • Online Peer Support Group • Rainbow Peers • ACB Peer Support | 30 • In Person Peer Support Group • Recovery ² Hybrid | 31 | Feb. 1 • Creative Expressions |
| 2 | 3 • Family Peer Support On Zoom | 4 • Hearing Voices/ Parallel Realities • Community Transitions | 5 • Online Peer Support Group • Rainbow Peers • ACB Peer Support | 6 • In Person Peer Support Group • Recovery ² Hybrid | 7 | 8 • Creative Expressions |
| 9 | 10 • Family Peer Support in person | 11 • Hearing Voices/ Parallel Realities • Community Transitions | 12 • Online Peer Support Group • Rainbow Peers • ACB Peer Support | 13 PSO CLOSED FOR STAFF TRAINING | 14 PSO CLOSED FOR STAFF TRAINING | 15 • Creative Expressions |
| 16 | 17 PSO CLOSED FOR FAMILY DAY | 18 • Hearing Voices/ Parallel Realities • Community Transitions | 19 • Online Peer Support Group • Rainbow Peers • ACB Peer Support • | 20 • In Person Peer Support Group • Recovery ² Hybrid | 21 | 22 • Creative Expressions |
| 23 | 24 • Family Peer Support on Zoom | 25 • Hearing Voices/ Parallel Realities • Community Transitions | 26 • Online Peer Support Group • Rainbow Peers • ACB Peer Support | 27 • In Person Peer Support Group • Recovery ² Hybrid | 28 | Mar. 1 • Creative Expressions |

- **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** [Thursdays 1:00pm-2:30pm in Room 212]
- **Online/phone Peer Support Group** [Wednesdays 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: February 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|---|--|--|---|--|---|
| Jan. 26 • Lounge Open | 27 • Lounge Open • Britannia Walk • Virtual Drop In | 28 • Lounge Open | 29 • Lounge Open | 30 • Lounge Open • Craft and Chat | 31 • Movie: Slingshot • Lounge Open • Virtual Drop In • Trivia | Feb. 1 • Creative Expressions |
| 2 • Lounge Open | 3 • Lounge Open • Britannia Walk • Virtual Drop In | 4 • Lounge Open | 5 • Lounge Open | 6 • Lounge Open • Craft and Chat | 7 • Movie: The Wild Robot • Lounge Open • Virtual Drop In • Games | 8 • Creative Expressions |
| 9 • Lounge Open | 10 • Celebration of Life for Jerry G. (Leaf) • Lounge Open • Britannia Walk • Virtual Drop In | 11 • Winterlude Ice Sculpture Tour • Lounge Open | 12 • Storytelling with Donna • Lounge Open | 13 PSO CLOSED FOR STAFF TRAINING | 14 PSO CLOSED FOR STAFF TRAINING | 15 • Creative Expressions |
| 16 • Lounge Open | 17 PSO CLOSED FOR FAMILY DAY | 18 • Lounge Open | 19 • Birthday Cake Day • Lounge Open | 20 • Lounge Open • Craft and Chat | 21 • Movie: We Live In Time • Lounge Open • Virtual Drop In • Trivia • Creative Café | 22 • Creative Expressions |
| 23 • Lounge Open | 24 • Boggle Game Night • Lounge Open • Britannia Walk • Virtual Drop In | 25 • Lounge Open | 26 • Karaoke • Lounge Open | 27 • Lounge Open • Craft and Chat | 28 • Movie: Gladiator II • Lounge Open • Virtual Drop In • Games | Mar. 1 • Creative Expressions |

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|--|--|--|
| <ul style="list-style-type: none"> • Birthday Cake Day [3:30pm in Rm 314 (lounge)] • Boggle Game Night [Mon. 4:30pm-6:00pm in the Lounge in Rm 314] • Britannia Park Walk [Mon. 1:00pm-2:00pm] • Celebration of life for Jerry G (Leaf) [Mon., Feb. 10th 1:00pm-2:00pm in Rm 314] • Craft and Chat [Thurs. 1:00pm-2:15pm on Zoom] | <ul style="list-style-type: none"> • Creative Café [Fri. 5:00pm-7:00pm] • Creative Expressions [Sat. 12:00pm-2:00pm in Rm 211] • Games [Alternate Fri. 7:00pm-8:30pm on Zoom] • Karaoke [Wed., 4:00pm-6:00pm in lounge] • Lounge in room 314 [Tues., Thurs., Fri., Sun. 12:00pm-4:00pm, Mon. & Wed. 12:00pm-7:00pm] • Movies [Fri. 1:00pm in Rm 314] | <ul style="list-style-type: none"> • Storytelling with Donna [Wed., 1:00pm in the Lounge Rm 314] • Trivia [Alternate Fri. 7:00pm-8:30pm on Zoom] • Virtual Drop In [Mon. and Fri. 4:00pm-5:00pm on Zoom] • Winterlude Ice Sculptures Tour (Tues. Feb. 11th at 2:00pm; North East corner of Bank and Sparks St.) |
|--|--|--|