



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 July 1st)

The third floor lounge and computer side are open three days per week. We will 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 Friday,
 July 1st, for Canada Day.*

Lac Philippe Outing!

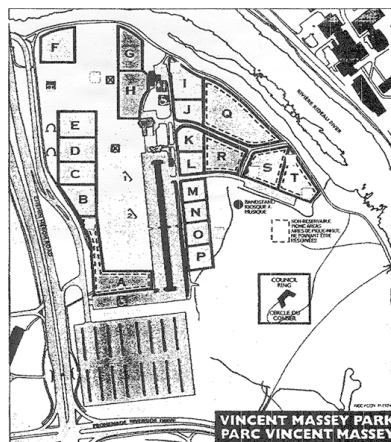
Tuesday, July 12th leave Bronson Centre at 10:00am and return around 4:00pm

Just like old times! We'll travel by school bus to the beach to frolic in the sun, sand and surf. Lunch will include BBQ hot dogs, salads and 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 July 4th. Seats are limited.



Vincent Massey Park Picnic

Tuesday, July 26th from 11:00am to 3:00pm in Section I of the park (see map)
 Buses 10, 88 and 111 go to the park



We will have hot dogs, salads, water and sodas. **Please let us know if you require vegetarian options.** Email Cheri (cherip@pso-ottawa.ca) or give us a call to register.

Creative Expressions In Person!!!

Saturdays 12:00pm to 2:00pm in Room 211 starting July 9th

We're so very excited to announce the return of in-person Creative Expressions. We'll be in room 211 from 12 pm to 2 pm every Saturday. There is a planned celebratory group craft on the 9th, as well as access to lots of supplies! Please note that masks and screening are still necessary to attend. We can't wait to see you!

New Young Adult Beach and Chill (Ages 16-24)

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

We have been wanting to unite our young adult population again, and decided: what better way to spend a Sunday afternoon, than together at a hangout at Britannia Park! We will bring activities, and encourage you to do the same! Register with Erica at ericaw@psso-ottawa.ca or ext.124 to attend, as well for more details.

New 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@psso-ottawa.ca or ext. 116.

June Volunteers

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



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



Andrew J.	Lynn L.
Beverly C.	Martin H.
Catherine W.	Michael C.
Cathrine P.	Michael G.
Cole V.	Neha N.
D. T.	Rachelle G.
Dennis T.	Rick E.
Gail S.	Rico B.
Guy G.	Rylee D.
Jadzia R.	Samantha
Jay M.	Sana Z.
Jeff	Shawn B.
Jesse M.	Shawn T.
Joe P.	Sherry B.
Julie N.	Sonja C.
Kate B.	Viola L.
Kenneth V.	Werner Z.

Job Postings

We have some hospital-based Peer Support Worker positions available. Please see the posting in this newsletter or on our website.

A Note from Sonja, PSO's Executive Director

Happy Summer! We are most of the way through our first month being back together in the lounge and finding our rhythm again. The conversations are lively and the connections are flowing.

We had a lovely outing to the Kateri Land and are doing more in-person things this month. I hope you join us for the beach or the picnic or one of our in person groups.

Seeking Tech Donations

For donations, we are looking for devices that:

- Power on
- Have a charging cord
- Are unlocked (if applicable)
- Are not blacklisted
- Have a functional screen (minor, non-function limiting scratches are fine)
- Have a functional headphone jack
- Operating Systems (**Not Applicable for non-Smart Phones**):
 - Smart Phones and Tablets
 - iOS 8.0 or newer
 - iPad OS 13 or newer
 - Android 5.0x or newer
 - Laptops:
 - macOS X with macOS 10.9 or newer
 - Windows 7, 8, 8.1 or 10 Home, Pro or Enterprise

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 July 12th or 26th

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, July 15th & 29th

Games: Friday, July 22nd

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, July 4th & 18th 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/>

Tech Requests on Hold

Sadly, our Virtual Care Project did not receive funding to continue offering phones or tablets with plans. We are still putting out funding requests and are hopeful we will be able to offer them again in the future but, for now, we are not able to provide any phones or tablets to members.

Community Resources

Full Moon Yoga

Great Lawn, Lansdowne Park, July 13th, August 11th & Sept. 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!

Wellness Together Canada


Wellness Together Canada was created in response to an unprecedented rise in mental distress, and is funded by the Government of Canada. Whatever you're going through, we're here to provide mental health and substance use support. <https://www.wellnesstogether.ca>

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/>

PSO Support Calendar: July 2022

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


Support Groups Time and Location (in alphabetical order)

- **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]
- **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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PSO Leisure Calendar: July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Closed for Canada Day 	<ul style="list-style-type: none"> Creative Expressions (last week on Zoom)
3 <ul style="list-style-type: none"> Young Adults Beach & Chill 	4 <ul style="list-style-type: none"> Britannia Walking Group Virtual Drop In Pictionary 	5 <ul style="list-style-type: none"> Virtual Drop in 	6 <ul style="list-style-type: none"> Lounge Open 	7 <ul style="list-style-type: none"> Lounge Open Mooney's Walking Group Craft and Chat 	8 <ul style="list-style-type: none"> Lounge Open Virtual Drop in 	9 <ul style="list-style-type: none"> Creative Expressions starts in-person
10 <ul style="list-style-type: none"> Young Adults Beach & Chill 	11 <ul style="list-style-type: none"> Britannia Walking Group Virtual Drop In 	12 Lac Philippe Outing!	13 <ul style="list-style-type: none"> Lounge Open 	14 <ul style="list-style-type: none"> Lounge Open Mooney's Walking Group Craft and Chat 	15 <ul style="list-style-type: none"> Lounge Open Virtual Drop in Trivia 	16 <ul style="list-style-type: none"> Creative Expressions
17 <ul style="list-style-type: none"> Young Adults Beach & Chill 	18 <ul style="list-style-type: none"> Britannia Walking Group Virtual Drop In Pictionary 	19 <ul style="list-style-type: none"> Virtual Drop in 	20 <ul style="list-style-type: none"> Lounge Open 	21 <ul style="list-style-type: none"> Lounge Open Mooney's Walking Group Craft and Chat 	22 <ul style="list-style-type: none"> Lounge Open Virtual Drop in Games 	23 <ul style="list-style-type: none"> Creative Expressions
24/31 <ul style="list-style-type: none"> Young Adults Beach & Chill 	25 <ul style="list-style-type: none"> Britannia Walking Group Virtual Drop In 	26 Vincent Massey Picnic	27 <ul style="list-style-type: none"> Lounge Open 	28 <ul style="list-style-type: none"> Lounge Open Mooney's Walking Group Craft and Chat 	29 <ul style="list-style-type: none"> Lounge Open Virtual Drop in Trivia 	30 <ul style="list-style-type: none"> Creative Expressions

Leisure Groups Time and Location (in alphabetical order)

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| <ul style="list-style-type: none"> Craft and Chat [Thursdays 1:00-2:15pm on Zoom] Creative Expressions [12:00pm-1:30pm in Room 211] Facebook Group [24/7] 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] | <ul style="list-style-type: none"> Pictionary [Alternate Mondays 7:00-8:30pm on Zoom] Lounge [Wednesdays, Thursdays, Fridays 12:00-4:00 in Room 314] Trivia [Alternate Fridays 7:00-8:30pm on Zoom] Vincent Massey Picnic [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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