



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

Britannia Picnic

Wednesday, Sept. 20th from 11:00am to 3:00pm at the gazebo

Bus #51 goes to Britannia



Time for an end of summer 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 between Sept. 1st-16th to register.

WOW (Working on Wellness) Festival

Friday, Sept. 15th at Marion Dewar Plaza at City Hall from 11:00am to 4:00pm

Join PSO, CAPSA and other Ottawa agencies at our kiosks as we bring physical health, mental health, and substance use health communities together as one collective to increase wellness for people living in Canada. For full event details visit capsa.ca/wow-festival

Welcome Neko

Neko B. has joined PSO as our newest Peer Support Worker, specializing in Substance Use Health for people using Rideauwood's services. If you see them in the lounge or in groups, please say hi!

Our Annual General Meeting Save the Date & Looking for Board Members

Tuesday, Oct. 17th at 6:00pm

We are seeking qualified members to join our Board of Directors at our next hybrid AGM in October. Board members are responsible for the overall governance of the organization and training is included. Nomination forms are in with this Update, available on the website or can be requested by emailing info@pso-ottawa.ca or leaving a message at the office phone number 613-567-4379.

Peer 2 Peer Wellness / Peer Support Training Zoom Information Session

Wednesday, Sept. 20th from 6:00pm to 7:00pm.

Join us to find out about peer support training and how to be a Peer 2 Peer volunteer peer supporter. Please email nancymk@pso-ottawa.ca to register for link

PSO at Bronson will be closed
Sept. 4th for Holiday,
Sept. 20th for Britannia Picnic,
Sept. 30th for Truth and Reconciliation
Day and
October 2nd for Holiday

Happy Birthday!

Alexandra C.	Eric S. Gwang	Monique Z. Neil C.
Amanda L.	Shin L.	Paul M.
Ana B.	Janet T.	Paul S.
Andrew G.	Jenelle S.	Peter T.
Arturo A.	Jesse E.	Qi Ling Z.
Ashley M.	Justine N.	Roni-Lynn B.
Brenda P.	Karen B.	Sandra D.
Brie D.	Kelsy D.	Sharon
Caleb F.	Laurel R.	Rosalind W.
Champ C.	Lucie P.	Sheila H.
Christine B.	Lynda S.	Sydney F.
Dhruvin S.	Manjit S.	Theresa T.
Emily F.	Matt C.	Zachary H.
Emmet G.	Mitsi C.	Zoe G.

Note from Sonja, PSO's Executive Director

Hi Everyone,

Was that summer that just ran by us in a hail of wildfires and tornado warnings? With all the floods, fires, tornadoes and bad news going on in the world, it's easy to get stressed out. I'm finding it important to back away from all the screens of doom and spend some time chilling out or in activities that give me energy instead of sapping it. Seeking out friends or movies that make me laugh, listening to podcasts by smart, positive people, dancing to loud music and sometimes just being a lump and resting are some ways that help me find the balance that keeps me going.

Even though I haven't returned to school in a very long time, September always feels like the beginning of a new year and the curiosity that brings. What new friends will I make, what will I learn, whose pens will I steal? (Just kidding) My goals for September will be for self-care and curiosity.

August Volunteers

Massive thanks to our August volunteers! Contact Werner at wernerz@pso-ottawa.ca if you would like to volunteer.

Anthony G.	John P.	Peter T.
Dejan S.	Kristen M.	Philip W.
Emily Z.	Laurel D.	Rico B.
Gail S.	Leeanne	Ro D.
Glendyn K.	V.T.	Sandi S.
Hannah V.	May G.	Sarah E.
Jamie S.	Nina S.	Scott W.
Jenelle D.	Peggy C.	Shawn T.
Jess W. K.	Peter M.	

In person

Creative Expressions

Saturdays, 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. We are still screening but masks will be optional.

Contact Brooke for more information brookec@pso-ottawa.ca or 613-567-4379 ext. 211.

Recovery² (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. To register for the online meeting, please contact Tyrone at tyroneg@pso-ottawa.ca or 613-567-4379 ext. 214.

Peer Support Group

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

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

WRAP Wellness Recovery Action Plan

Is an 8-week group that goes through the WRAP process for maintaining wellness. WRAP groups will be starting in September. To register email nancyd@pso-ottawa.ca. See our website for more information.

Pathways to Recovery

Is a 12-week group that follows the Pathways Self-Directed workbook. Groups will be starting in the fall. For more information and to register email nancyd@pso-ottawa.ca.

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.

Hearing Voices/Parallel Realities

Tuesdays 3:30pm - 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 or 613-567-4379 ext. 223.

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.

Online Peer Support Group

Wednesdays 1:00pm to 2:30pm

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@pso-ottawa.ca, or 613-567-4379 ext. 223

Rainbow Peers

Wednesdays 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 Brie at bried@pso-ottawa.ca or at 613-567-4379 ext. 122.

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 or 613-567-4379 ext. 216.

Family Support

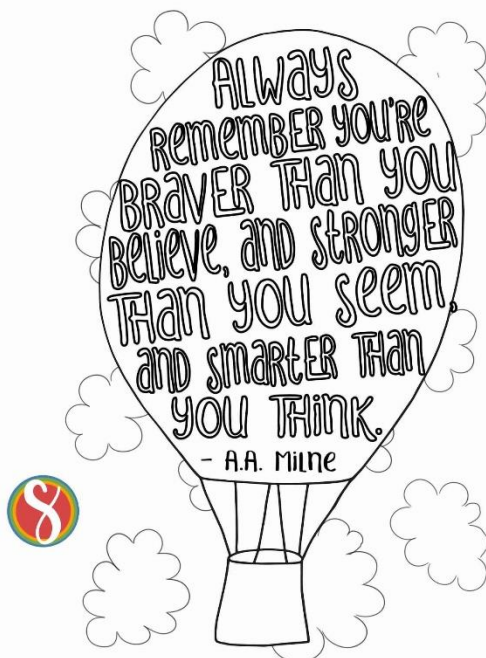
Family Peer Support Group
Mondays 6:30pm-8:00pm in Room 211 or on Zoom

We have heard that families really value having both online and in person groups, so we are alternating! Sept. 18th will be in person and Sept. 11th & 25th on Zoom. For information and the Zoom link, contact Sean at 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 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.



Recreation @ PSO

The Virtual Drop-In on zoom
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 Cindy at cindyw@pso-ottawa.ca or ext. 113.

Britannia Park Walk

Mondays 1:00pm-2:00pm

Sept. 4th cancelled (holiday)

Meet Shawn at the trolley station for a lovely 1-hour walk. Email Cindy at cindyw@pso-ottawa.ca or 613-567-4379 ext. 113 with any questions.

Mooney's Bay Walk

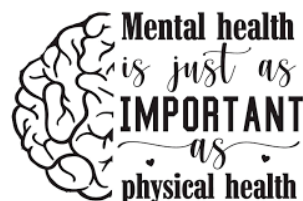
Wednesdays 2:00pm-3:00pm

Enjoy an hour walk with Phil. We will be meeting at the first level of the parking lot, which is close to the main road. Email Cindy at cindyw@pso-ottawa.ca or 613-567-4379 ext. 113 with any questions.

Craft and Chat on zoom

Thursdays 1:00pm to 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 or at 613-567-4379 ext. 113.



Friday Night Games & Trivia

7:00pm to 8:30pm

Games: Friday, Sept. 8th & 22nd

Trivia: Friday, Sept. 1st, 15th & 29th

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

Friday Films @ 1 PM in the Lounge



Sept. 1st Asteroid City

Comedy

The itinerary of a Junior Stargazer/Space Cadet convention is spectacularly disrupted by world-changing events.

Sept. 8th Spiderman: No Way Home

Action

With Spider-Man's identity now revealed, Peter asks Doctor Strange for help. When a spell goes wrong, dangerous foes from other worlds start to appear, forcing Peter to discover what it truly means to be Spider-Man.

Sept. 15th The Little Mermaid

Fantasy

A young mermaid makes a deal with a sea witch to trade her beautiful voice for human legs so she can discover the world above water and impress a prince.

Sept. 22nd What's Love Got to Do With It?

Romance/Comedy

In London, an award-winning film-maker documents her best friend's journey into an assisted marriage in line with his family's

Pakistani heritage. In the process, she challenges her own attitude towards relationships.

Sept. 29th Indiana Jones and the Dial of Destiny

Action/Adventure

Archaeologist Indiana Jones races against time to retrieve a legendary artifact that can change the course of history.

Community Resources

Capital Pop-Up Cinema

Free movies starting at sundown. Bring something to sit on.

Sept. 1st – *Empire Records* at Beechwood Cemetery (8pm)

Sept. 8th – *School of Rock* at Churchill Seniors Recreation Centre (8pm)

Sept. 15th – *Young Frankenstein* at Sparks St. (7:45pm)

Creative Cafe

Friday, Sept. 15th at 5:00pm at 211 Bronson Ave. Room 211

Please join us at the café 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://creativecafecafecreatif.com/in-the-wind/>

Support Resources

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

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

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

Talk Suicide Canada 24 hour line call 1-833-456-4566 or text 45645 from 4pm to midnight. Connect to a crisis responder to get help without judgement.

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)



Instagram@PSOttawa

Website <https://www.pso-ottawa.ca/>



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.

Creativity Corner



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

Ants' kingdom by M.T.

The kingdom of ants that carry weights with evidence.

Our master Solomon revealed secrets about the original ants.

China and the way of wool, silk and beautiful patience.

Women, hair and braids.

The fruits of trees and shrubs ripen with time.

The future with its impossibilities and hopes.

Knights, horses and stables are integrated by consumption.

Agronomist, agricultural and nursery are all arts.

Palestinian martial arts defend their territories.

Jerusalem has a Lord who recites.

PSO Support Calendar: September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 • Family Peer Support in person	29 • Hearing Voices/ Parallel Realities • Community Transitions	30 • Online Peer Support • Rainbow Peers • ACB Peer Support	31 • In Person Peer Support Group • Recovery ²	1	2 • Creative Expressions
3	4 PSO CLOSED For HOLIDAY	5 • Hearing Voices/ Parallel Realities • Community Transitions	6 • Online Peer Support • Rainbow Peers • ACB Peer Support	7 • In person Peer Support Group • Recovery ²	8	9 • Creative Expressions
10	11 • Family Peer Support on Zoom	12 • Hearing Voices/ Parallel Realities • Community Transitions	13 • Online Peer Support • Rainbow Peers • ACB Peer Support	14 • In person Peer Support Group • Recovery ²	15	16 • Creative Expressions
17	18 • Family Peer Support in person	19 • Hearing Voices/ Parallel Realities • Community Transitions	20 • Online Peer Support • Rainbow Peers • Peer Support Info Session • ACB Peer Support	21 • In Person Peer Support Group • Recovery ²	22	23 • Creative Expressions
24	25 • Family Peer Support on Zoom	26 • Hearing Voices/Parallel Realities • Community Transitions	27 • Online Peer Support • Rainbow Peers • ACB Peer Support	28 • In Person Peer Support Group • Recovery ² [Virtual]	29	30 Closed for Truth and Reconciliation Day

Support Groups Time and Location (in alphabetical order)

- **ACB 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-8:00pm in Room 211 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]
- **Peer to Peer/ Peer Support Training Info** [6:00pm-7:00pm on Zoom]
- **Rainbow Peers** [Wednesdays 4:30pm-5:45pm on Zoom]
- **Recovery²** [Thursdays 5:30pm-7:00pm in Room 211 or on Zoom]

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PSO Activity Calendar: September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 • Lounge Closed • PRIDE Parade meet in room 212	28 • Lounge Open • Britannia Walk • Virtual Drop In	29 • Lounge Open	30 • Lounge Open • Mooney's Bay Walk	31 • Lounge Open • Craft and Chat	1 • Movie: <i>Corner Office</i> • Virtual Drop In • Trivia	2 • Creative Expressions
3 • Lounge Open	PSO CLOSED HOLIDAY	5 • Lounge Open	6 • Lounge Open • Mooney's Bay Walk	7 • Lounge Open • Craft and Chat	8 • Movie: <i>Spiderman: No Way Home</i> • Virtual Drop In • Games	9 • Creative Expressions
10 • Lounge Open	11 • Lounge Open • Britannia Walk • Virtual Drop In	12 • Lounge Open	13 • Lounge Open • Mooney's Bay Walk	14 • Lounge Open • Craft and Chat	15 • WOW Festival • Movie: <i>The Little Mermaid</i> • Virtual Drop In • Creative Cafe • Trivia	16 • Creative Expressions
17 • Lounge Open	18 • Lounge Open • Britannia Walk • Virtual Drop In	19 • Lounge Open	20 • Lounge closed • Britannia Picnic	21 • Lounge Open • Craft and Chat	22 • Movie: <i>What's Love Got to Do With It</i> • Virtual Drop In • Games	23 • Creative Expressions
24 • Lounge Open	25 • Lounge Open • Britannia Walk • Virtual Drop In	26 • Lounge Open	27 • Lounge Open • Mooney's Bay Walk	28 • Lounge Open • Craft and Chat	29 • Movie: <i>Indiana Jones and the Dial of Destiny</i> • Virtual Drop In • Trivia	30 • Closed for Truth and Reconciliation Day

Activity Groups Time and Location (in alphabetical order)

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|---|---|
| <ul style="list-style-type: none"> • Britannia Park Walk [Mondays 1:00pm-2:00pm] • Britannia Picnic [Wednesday, 11:00am-3:00pm] • Craft and Chat [Thursdays 1:00pm-2:15pm on Zoom] • Creative Café [5:00pm-8:00pm in Room 211] • Creative Expressions [Saturdays 12:00pm-2:00pm in Room 211] • Games [<u>Alternate</u> Fridays 7:00pm-8:30pm on Zoom] • Lounge [Tues., Thurs., Fri., Sun. 12:00pm-4:00pm, Mon & Weds. 12:00pm-7:00pm in Room 314] | <ul style="list-style-type: none"> • Movies [Fridays 1:00pm in Room 314] • Mooney's Bay Walk [Wednesdays 2:00pm-3:00pm] • Trivia [<u>Alternate</u> Fridays 7:00pm-8:30pm on Zoom] • Virtual Drop In [Mondays and Fridays 4:00pm-5:00pm on Zoom] • WOW Festival [11:00am-4:00pm at Ottawa City Hall] |
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