



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

Pet Show and Tell

**Tuesday, November 22nd 1:00pm-2:30pm
on Zoom**

Do you love seeing people's adorable pets onscreen, during PSO's Zoom groups? Are you a proud pet parent, yourself? Or, perhaps both? Join Erica and Cheri for PSO's Pet Show and Tell! You can register with Erica at: ericaw@pso-ottawa.ca or give us a call to register at 613-567-4379 ext. 124.

Bowling Outing

**Tuesday, November 15th 1:00pm-3:00pm at
West Park Bowling at 1205 Wellington St**

Join us for some frames of bowling at West Park Bowling. Sign up in advance with Mark at markp@pso-ottawa.ca or ext. 121 starting November 1st. Spots are limited so sign up early.

Lounge Hours

**Mondays, Tuesdays, Thursdays, Fridays
12:00pm – 4:00pm Wednesdays 12:00pm-
7:00pm**

The third floor lounge is open five days and one evening per week as we move towards a full re-opening. We 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.

AGM Postponed

We are still having an Annual General Meeting and voting for a new board but it will be early in the new year. The exact date will be in the December Update. We are still looking for new Board Directors so, if you were thinking about it, you have some more time to ask us questions and to think about putting your name forward.

Family WRAP Is Back - In Person!

Family Wellness Recovery Action Plan (Family WRAP) workshop is designed for caregivers and supporters of people with mental health and/or addiction challenges. Together we create a solid self-care plan to look after ourselves, and to contribute to our family's wellness.

When: Spring 2023 (exact date TBA)

Where: 211 Bronson Ave. Room 212

To register contact Beata at beataz@pso-ottawa.ca or 613-567-4379 ext. 123

Technology Available

We are once again able to offer phones or tablets to those who need one to connect to our online groups. We are unable to offer data plans at this time but, if you need a device to join our groups, contact us at 613-567-4379 or email sonjac@pso-ottawa.ca.



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|--------------|-------------|-------------|
| Aaron W. | Daniel H. | Laurel J. |
| Amy W. | Debbie M. | Lorraine P. |
| Angel H. | Diane M. | Marcia G. |
| AshleyL. | Edith M. | Marie P. |
| Brock V. | Eloise L. | May G. |
| Bruce P. | Emily Z. | Oliver M. |
| Cathleen L. | Jacqueline | Pawel Z. |
| Christie R. | S. | Samira W. |
| Christine S. | Jean-Pierre | Sandi S. |
| Christopher | C. | Sandra S. |
| R. | Julie S. | Sandra W. |
| Cindy R. | Kaitlyn D. | Siddhesh P. |
| Colleen N. | Kimberley | Stephen W. |
| Daliya F. | P. | Sylvia M. |
| Dana P. | Lan N. | Todd B. |

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

Last month I was writing about feeling thankful and, while I didn’t receive any email submissions on thankfulness for the Update this month, much gratitude was expressed by members in person for the increased lounge hours, the outings, the camaraderie in our community, the picnics, the support and recreation groups and the birthday cards. It made me reflect again on how appreciative I am to be in a supportive mental health community that includes all our members, volunteers and our staff.



**The Creative Well Theatre
Project**

**Wednesdays starting November 2nd at
1:00pm in Room 212**

We are seeking participants interested in theatre, acting, expressing themselves, sharing their stories and contributing to the creation of a new play. Branch Out Theatre has collaborated with PSO and Salus for the past seven years in this community art project for people living with mental health challenges. Participants learn creative theatre techniques and participate in making a play inspired by their lived experience that they share with the community at the end of the eight-month process.

During the last two and a half years of the pandemic we continued to create theatre and community safely online. This year Creative Well begins again in-person while we continue our online group as well, increasing our accessibility! To participate online or in-person, email rebeccabenson@hotmail.com or text your name, “Creative Well” and “online” or “in-person” to **613-864-5344**.

Remembering Dave M.



We are very sad to say that Dave M. passed away the last week of October. Dave worked at PSO in the early and mid-2000s and also volunteered, creating the Gamers’ Club. Dave was a warm, funny, caring friend and member of our team and he is missed by us.

Substance Use Health Group

Tuesdays 6:00pm to 7:15pm in Room 314

This is a peer support group around substance use health challenges. What do you need in a group supporting substance use challenges? Come with your thoughts to share. Register with Caroline at carolinep@ps0-ottawa.ca or ext. 222.

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. Engage in our weekly craft, explore our art supplies, or bring something from home. We provide a positive space for all types of art, and all skill levels are welcome. Please note that masks and screening are necessary to attend. Contact Brooke for more information brookec@ps0-ottawa.ca or ext. 211.

October Volunteers

Massive thanks to our October volunteers! We couldn't do it without you. Contact Werner at wernerz@ps0-ottawa.ca if you would like to volunteer with PSO.

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|----------|-------------|------------|
| Sarah E. | Lorraine P. | Sandi S. |
| John P. | Bianca O. | Peter T. |
| Shawn T. | Jamie S. | Linda C. |
| Nancy M. | Jenelle D. | Angus W. |
| May G. | Philippe S. | Shawn S. |
| Peter M. | Peggy C.W. | Anthony G. |
| Dejan S. | Cindy W. | Philip W. |
| Scott W. | Emily Z. | Rico B. |
| Dave L. | | |

PSO Groups Online:

How to Connect with us Online

Our Zoom groups 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.

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 dana1@ps0-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@ps0-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. 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.

The Virtual Drop-In

Mondays and Fridays 4:00pm to 5:00pm

As we navigate to more in-person activities we have had to drop the Tuesday Virtual Drop-In for now. 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.

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 Caroline at carolinep@pso-ottawa.ca or ext. 222.

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

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.

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

Walking Groups!

For 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.

Britannia Park Walk

Mondays from 1:00pm-2:00pm

Meet at the trolley station for a lovely 1 hour walk in the park or through Mud Lake. Register in advance with Erica ericaw@pso-ottawa.ca ext. 124.

Mooney's Bay Walk

Thursdays from 2:30pm-3:30pm

We will be meeting at the first level of the parking lot, which is close to the main road.

Please note that we walk rain or shine unless there is thunder and lightning in the forecast. If the group needs to be cancelled, we will send out an email or telephone call to those registered and it

will also be posted on our social media (Facebook, Instagram and Twitter). Register with Steph stephaniee@pso-ottawa.ca ext. 125.

Friday Night Games and Trivia

7:00pm to 8:30pm

Trivia: Friday, November 11th & 25th

Games: Friday, November 4th & 18th

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

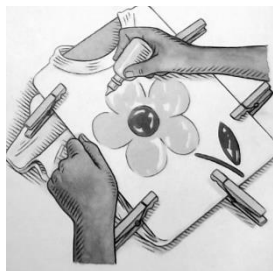
Monday, November 7th & 21st from 7:00 to 8:30 pm

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**

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/>

Community Resources

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/>

Resources for Support

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/

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/>

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

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

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

<https://twitter.com/PSOannounce>
@PSOannounce

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.

Instagram @PSOttawa

Creativity Corner



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

Affirmations For Those Who Struggle:


There was never a time you weren't worthy.
Your worth is never in question.
There was never a time your light dimmed.
The value of your light is never in question.
There was never a time you were less.
Your importance is never in question.
There was never a time you were a failure.
There is no such thing as failing.
You deserve kindness from yourself.
It's called compassion and love.

by Shawn T.



Drawing by Becky G.

PSO Support Calendar: November 2022

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

Support Groups Time and Location (in alphabetical order)

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| <ul style="list-style-type: none"> • 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] | <ul style="list-style-type: none"> • 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 Activity Calendar: November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 <ul style="list-style-type: none"> • Lounge Open • Britannia Walk • Virtual Drop In 	1 <ul style="list-style-type: none"> • Lounge Open 	2 <ul style="list-style-type: none"> • Lounge Open 	3 <ul style="list-style-type: none"> • Lounge Open • Mooney's Walk • Craft and Chat 	4 <ul style="list-style-type: none"> • Lounge Open • Virtual Drop in • Games 	5 <ul style="list-style-type: none"> • Creative Expressions
6 	7 <ul style="list-style-type: none"> • Lounge Open • Britannia Walk • Virtual Drop In • Pictionary 	8 <ul style="list-style-type: none"> • Lounge Open 	9 <ul style="list-style-type: none"> • Lounge Open 	10 <ul style="list-style-type: none"> • Lounge Open • Mooney's Walk • Craft and Chat 	11 Remembrance Day <ul style="list-style-type: none"> • Lounge Open • Virtual Drop in • Trivia 	12 <ul style="list-style-type: none"> • Creative Expressions
13	14 <ul style="list-style-type: none"> • Lounge Open • Britannia Walk • Virtual Drop In 	15 <ul style="list-style-type: none"> • Lounge Open • Bowling 	16 <ul style="list-style-type: none"> • Lounge Open 	17 <ul style="list-style-type: none"> • Lounge Open • Mooney's Walk • Craft and Chat 	18 <ul style="list-style-type: none"> • Lounge Open • Virtual Drop in • Games 	19 <ul style="list-style-type: none"> • Creative Expressions
20	21 <ul style="list-style-type: none"> • Lounge Open • Britannia Walk • Virtual Drop In • Pictionary 	22 <ul style="list-style-type: none"> • Lounge Open • Pet Show & Tell 	23 <ul style="list-style-type: none"> • Lounge Open 	24 <ul style="list-style-type: none"> • Lounge Open • Mooney's Walk • Craft and Chat 	25 <ul style="list-style-type: none"> • Lounge Open • Virtual Drop in • Trivia 	26 <ul style="list-style-type: none"> • Creative Expressions
27	28 <ul style="list-style-type: none"> • Lounge Open • Britannia Walk • Virtual Drop In 	29 <ul style="list-style-type: none"> • Lounge Open 	30 <ul style="list-style-type: none"> • Lounge Open 	1	2	3

Leisure Groups Time and Location (in alphabetical order)

- | | |
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| <ul style="list-style-type: none"> • Bowling [1:00-3:00pm at 1205 Wellington St. W.] • Britannia Park Walk [Mondays 1:00-2:00pm] • Craft and Chat [Thursdays 1:00-2:15pm on Zoom] • Creative Expressions [12:00pm-1:30pm in Room 211] • Games [Alternate Fridays 7:00-8:30pm on Zoom] • Mooney's Beach Walk [Thursdays 2:30-3:30pm] | <ul style="list-style-type: none"> • Pet Show & Tell [1:00-2:30pm on Zoom] • Pictionary [Alternate Mondays 7:00-8:30pm on Zoom] • Lounge [Mondays, Tuesdays, Thursdays, Fridays 12:00-4:00pm, Wednesdays 12:00-7:00pm in Room 314] • Trivia [Alternate Fridays 7:00-8:30pm on Zoom] • Virtual Lounge [Mondays and Fridays 4:00-5:00pm on Zoom] |
|---|--|

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