



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



Annual General Meeting (AGM)

Thursday, Nov. 21st at
 5:00pm in Room 211
 and on Zoom

Join us to discuss PSO business, such as updating the Code of Conduct, approving the audit and approving our new directors for the governing board. There will also be an opportunity to discuss the new data section for our Membership Form that will allow us to improve our programming and better advocate on our members' behalf. If attending online, you must send in your membership form in time for us to have it by Nov. 20th in order to get the AGM zoom link.

Voting for the Directors will look a bit different this year. You will have the option to vote in advance by mail or email, as long as your ballot is received by us by November 20th, or you can wait to hear the candidates and vote in person or online at the AGM on the 21st. You can only vote once and a new membership form must accompany your advance ballot or be filled in at the AGM in order to be given a ballot. You must have been a member for 30 days to vote.

For more information, please see our included Membership and AGM package. To attend the AGM in person or join virtually please register with cherip@pso-ottawa.ca or call reception at 613-567-4379.



Membership renewal for 2024-2025.

Members, please return your 2024-2025 membership form that was mailed to you or complete 2024-2025 membership form on the website.

Zentangle Workshop

Monday, Nov. 4th 4:00pm – 6:00pm in the Lounge

Join us to learn a fun and simple meditative drawing activity. No experience required. A great way to practice being in the moment. No registration required.

Birthday Cake Day!

Wednesday, Nov. 13th at 3:30pm Lounge



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

Scattergories – game night!

Monday, Nov 25th 4:00-5:30 pm, in the Lounge (Room 314)

Join Cindy and Mark in the lounge for Scattergories! This word game is played by listing things that start with the same letter, in different categories. Prefer to be a spectator? That's fine too! We are creating a fun atmosphere, hanging out on the comfy lounge couches. If you have any questions, email Cindy at cindyw@pso-ottawa.ca or 613-567-4379 ext 113.

PSO's Executive Director

Hi Everyone,

So much has been going on behind the scenes of PSO in October. We have been engaged with organizational stuff like collaborative funding applications and interviewing potential new database vendors. It's the stuff that makes organizations work well and allow us to create innovative programming.

We are gearing up for our AGM. We have 5 members running for 5 Board positions, so we will be asking people to vote to approve them.

We will also be discussing the new draft membership forms at the AGM. I mentioned in last month's Update that we will be starting to ask for data that describes the make up of our membership. On an individual basis, this may look like personal information, but we are looking to use it as statistics. It will help us to understand the diversity of the people who are part of the PSO community. The data would only ever be used in an anonymous and combined way and all parts are optional.



Save the date for our Holiday Dinner!

Monday, Dec. 9th at 5:30pm in Mac Hall
Sign up deadline is December 5th

The Lounge will close at 4:00pm this day.

Chef Ric is catering turkey dinner to help us celebrate the festive season. **Sign up deadline is December 5th** with Cheri at cherip@pso-ottawa.ca or reception 613-567-4379. Please mention if you want the vegetarian option.

Happy Birthday!

- | | | |
|----------------|-----------------|---------------|
| Anthony C. | Eirini B. | Marc G. |
| Aquila T. | Emily P. | Mariette B. |
| Camerda L. | Fatou B. | May G. |
| Carlo V. T. | Freedom J. | Nat H. |
| Cathleen L. | Glen B. | Nick T. |
| Charles B. | Holly K. | Peter O. |
| Christie R. | I.E. (Sandi) S. | Ren H. |
| Christopher R. | Isabelle U. | Ren V. |
| Cindy W. | Jean-Pierre C. | Samira W. |
| Colleen N. | Jennifer B. | Samuel B.T D. |
| Daniel N. | Karen F. | Sandra S. |
| Diane M. | Kate L.C. | Sandy R. |
| Dominique Z. | Lan N. | Sarah H. |
| Dylan B. | Laurel J. | Shelley S. |
| | Lorraine P. | Shy O. |

Karaoke!

Wednesday, Nov. 20th
4:00pm to 6:00pm in the Lounge (Room 314)



Come on in and sing us some of your favourite songs!

October Volunteers

Massive thanks to our October volunteers! If you would like to volunteer, contact Werner at wernerz@pso-ottawa.ca

- | | | |
|-------------|------------|------------|
| Anthony G. | John P. | Philip W. |
| Courtney B. | Leeanne V. | Ro D. |
| Ginny G. | May G. | Sandi S. |
| Dejan S. | Mylene P. | Shawn T. |
| Jess W. K. | Peter M. | Shirley F. |
| | Peter T. | |



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)**

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

Join us at the Bronson Centre 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 NOV. 21

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@pso-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

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 dana@pso-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@pso-ottawa.ca or 613-567-4379 ext. 313.

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 dana@pso-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 the call-in number, please contact Laura G. at laurag@ps0-ottawa.ca or 613-567-4379 ext. 101.

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: Nov. 4th & 18th. On Zoom: Nov. 11th & 25th. For information and the Zoom link, contact Sean at seand@ps0-ottawa.ca. 613-567-4379 ext. 221. **For individual Family Peer Support, please** contact Sean at seand@ps0-ottawa.ca, 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 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.

Creative Well Theatre Project

Wednesdays, 1:00pm-3:00pm in Room 212

Free theatre program to support mental health. Build acting skills, create an original play, speak up about mental health stigma, have fun and build new community. To register contact: communications@branchouttheatre.com

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

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

Trivia: Fri., Nov. 1st, 15th & 29th

Games: Fri., Nov. 8th & 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 Shawnee at shawneew@psso-ottawa.ca or 613-567-4379 ext. 114.

Craft and Chat on Zoom

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

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@psso-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 brookec@psso-ottawa.ca or 613-567-4379 ext. 211.

Friday Films at 1:00pm in the Lounge

Nov. 1st: *Trap*

Psychological Thriller, Serial Killer, Crime, Horror, Mystery. 1h 45m. Rating: 15

A father and his teen daughter attend a pop concert only to realize they've entered the center of a dark and sinister event.



Nov. 8th: *My Penguin Friend*

Adventure, Drama, Family. 1h 37 min. PG

Inspired by a true story; an enchanting adventure about a lost penguin rescued from an oil spill, who transforms the life of a heartbroken fisherman. They soon become unlikely friends, so bonded that even the vast ocean cannot divide them.

Nov. 15th: *Bad Boys: Ride or Die*

Action Epic, Buddy Comedy, Crime, Thriller 1h 55m. Rating: 15

When their late police captain gets linked to drug cartels, wisecracking Miami cops Mike Lowrey and Marcus Burnett embark on a dangerous mission to clear his name.

Nov. 22nd: *Thelma*

Action, Comedy. 1h 38m. Rating: 12A

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.

Nov. 29th: *The Invisibles*

Fantasy, Sci-Fi. 1h 51m. Rating: none

A couple facing the end of marriage, when the husband starts to disappear. As he fades from existence he discovers a new world of people who have disappeared just like him.

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. **(988-continued on next page)**

988 Suicide Crisis Helpline – Continued

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.

 **Instagram** @PSOttawa

 **Website** www.pso-ottawa.ca/

 **Facebook**
<https://www.facebook.com/groups/513011506046018/>
<https://www.facebook.com/psychiatricsurvivorsottawa@psychiatricsurvivorsottawa>. Not monitored on a regular basis. Please adhere to PSO's, as well as our Facebook group's codes of conduct.

PSO Support Calendar: November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCT. 27	28 • Family Peer Support on Zoom	29 • Hearing Voices/ Parallel Realities • Community Transitions	30 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	31 • In Person Peer Support Group • Recovery ² Hybrid	NOV. 1	2 • Creative Expressions
3	4 • Family Peer Support In person	5 • Hearing Voices/ Parallel Realities • Community Transitions	6 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	7 • In Person Peer Support Group • Recovery ² Hybrid	8	9 • Creative Expressions
10	11 • Family Peer Support on Zoom	12 • Hearing Voices/ Parallel Realities • Community Transitions	13 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	14 • In Person Peer Support Group • Recovery ² Hybrid	15	16 • Creative Expressions
17	18 • Family Peer Support In person	19 • Hearing Voices/ Parallel Realities • Community Transitions	20 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	21 • In Person Peer Support Group • NO Recovery ²	22	23 • Creative Expressions
24	25 • Family Peer Support on Zoom	26 • Hearing Voices/ Parallel Realities • Community Transitions	27 • Online Peer Support Group • Rainbow Peers • ACB Peer Support	28 • In Person Peer Support Group • Recovery ² Hybrid	29	30 • Creative Expressions

Support Groups Time and Location (in alphabetical order)

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

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PSO Activity Calendar: November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 • Lounge Open	28 • Lounge Open • Britannia Walk • Virtual Drop In	29 • Lounge Open	30 • Lounge Open • Creative Well	31 • Lounge Open • Craft and Chat	NOV. 1 • Movie: Trap • Virtual Drop In • Trivia	2 • Creative Expressions
3 • Lounge Open	4 • Zentangle Workshop • Lounge Open • Britannia Walk • Virtual Drop In	5 • Lounge Open	6 • Lounge Open • Creative Well	7 • Lounge Open • Craft and Chat	8 • Movie: My Penguin Friend • Virtual Drop In • Games	9 • Creative Expressions
10 • Lounge Open	11 • Lounge Open • Britannia Walk • Virtual Drop In	12 • Lounge Open	13 • Birthday Cake Day • Lounge Open • Creative Well	14 • Lounge Open • Craft and Chat	15 • Movie: Bad Boys: Ride or Die • Virtual Drop In • Trivia • Creative Café	16 • Creative Expressions
17 • Lounge Open	18 • Lounge Open • Britannia Walk • Virtual Drop In	19 • Lounge Open	20 • Karaoke • Lounge Open • Creative Well	21 • ANNUAL GENERAL MEETING • Lounge Open • Craft and Chat	22 • Movie: Thelma • Virtual Drop In • Games	23 • Creative Expressions
24 • Lounge Open	24 • Lounge Open • Scattergories Game night • Britannia Walk • Virtual Drop In	26 • Lounge Open	27 • Lounge Open • Creative Well	28 • Lounge Open • Craft and Chat	29 • Movie: The Invisibles • Virtual Drop In • Trivia	30 • Creative Expressions

Activity Groups Time and Location (in alphabetical order)

<ul style="list-style-type: none"> • Annual General Meeting [Thurs. 6:00pm room 211 and on Zoom] • Birthday Cake Day [3:30pm in Rm 314 (lounge)] • Britannia Park Walk [Mon. 1:00pm-2:00pm] • Craft and Chat [Thurs. 1:00pm-2:15pm on Zoom] • Creative Café [Fri. 5:00pm-7:00pm] 	<ul style="list-style-type: none"> • Creative Expressions [Sat. 12:00pm-2:00pm in Rm 211] • Creative Well [Wed. 1:00pm-3:00pm in Rm 212] • Games [Alternate Fri. 7:00pm-8:30pm on Zoom] • Karaoke [Wed., 4:00pm-6:00pm] • Lounge in room 314 [Tues., Thurs., Fri., Sun. 12:00pm-4:00pm, Mon. & Wed. 12:00pm-7:00pm] 	<ul style="list-style-type: none"> • Movies [Fri. 1:00pm in Rm 314] • Scattergories Game Night [Mon. 4:00pm-5:30pm] • Trivia [Alternate Fri. 7:00pm-8:30pm on Zoom] • Virtual Drop In [Mon. and Fri. 4:00pm-5:00pm on Zoom] • Zentangle Workshop [Mon. 4:00pm-6:00pm Lounge]
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