



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

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

In November we will be meeting to discuss PSO business, such as updating the Code of Conduct, approving the audit and electing our new directors for the governing board. This year members will be able to vote for the board in advance or in-person at the AGM. There will also be an opportunity at the meeting to see the new data section for our Membership Form that will allow us to improve our programming and better advocate on our members' behalf.

Looking for Board Members

We are seeking qualified members to join our Board of Directors at the hybrid AGM in November. Board members are responsible for the overall governance of the organization and training is included. An information sheet and nomination form 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.

PSO WILL BE CLOSED
Monday, Oct. 14th for Thanksgiving

Gatineau Hike

Friday, Oct. 11th Leave from PSO at noon
 & return by 4:00pm

We are taking a beautiful but challenging trail over uneven ground, so bring good walking shoes or runners and don't forget to bring some water. Vans leave the Bronson Centre at noon. Seats are limited and sign up starts Oct 1st. Call us at 613-567-4379 to sign up.



Birthday Cake Day!

Wednesday, Oct. 16th at
 3:30pm in the Lounge

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



Halloween Pictionary

Monday, Oct. 28th at
 7:00pm-8:30pm on Zoom

Join us for a halloween themed pictionary for games night with Shawnee. To get the link email shawneew@pso-ottawa.ca or call 613-567-4379 ext. 114.

Halloween Party & Karaoke

Thursday, Oct. 31st from 2pm-4pm in the Lounge

Join us for some spooky karaoke in the lounge for Halloween afternoon! All attendees (no singing required) can have a treat bag of sugar-filled goodies. Costumes are welcome!

Peer to Peer Wellness Information Session

Wednesday, Oct. 16th 6:00pm-7:00pm, On Zoom and in person (room 211)

This information is for people interested in volunteering in this program and for those who have recently been hospitalized and are looking to be matched with a peer support volunteer. Please email: nancymk@pso-ottawa.ca for more information and to register.

PSO's Executive Director

Hi Everyone,

It has been a very busy and exciting time behind the scenes at PSO lately.

We hired and have been training a family peer support worker, 3 hospital-based peer support workers and a new manager.

Now that school is in session, we have 2 new placement students joining us: Haneen from Algonquin and Liam from Carleton. We are always happy to have an opportunity to work with future peer health professionals.

This autumn finds us promoting PSO to our partnering agencies, many of whom have had staff turnover. We have also been busy updating our policies. As one of the policies that affects members directly, the updated Code of Conduct will be approved at the AGM in November. The draft will be come out in the next Update.

Who are the people who use PSO and do we have the right mix of programs for them? Can we advocate for them effectively? Those are questions we currently can't answer for ourselves, or our funders. We haven't ever collected information that describes our membership and we are looking to create a way to capture these statistics using the

membership form and a new secure database. We understand that this will be new for our membership and people may have strong feelings around it. Some of the staff who have seen it felt that the questions being asked made them feel seen. Others thought they would use the "prefer not to answer" option for some questions. The data would only ever be used in an anonymous and combined way and filling it out is voluntary. We will be previewing it at the AGM if you want a look and to share your thoughts.

Happy Birthday!

- | | | |
|---------------|--------------|-------------|
| Ashley B. | Joanne M. | Rose R. |
| Aster J. | Kalee S. | Ross L. |
| Barbara J. G. | Karan M. | Ryan M. |
| Brandee T. | Laura M. | Sarah C. |
| Brendan S. | Linda S. | Sarah G. |
| Caroline S. | Liz O. | Scott T. |
| Catherine P. | Luc L. | Shara W. |
| Cathy M. | Mary D. | Shawn B. |
| Christina S. | Meagan D. | Sherry B. |
| David B. | Mona A. | Sky L. |
| David G. | Nancy R. | Susan T. |
| Denise D. | Natalia S. | Suzanne H. |
| Diana T. | Natalie L.P. | Sylmadel C. |
| Eric S. | Nesli G.F. | Taylor S. |
| Erica P. | Otis N. | Terrie M. |
| Faye Nitta M. | Patricia W. | Urszula M. |
| Habte W. | Peter D. | Vladimir S. |
| Jane Von M. | Richard L. | Yolande A. |
| Jerusalem S. | Rob H. | Zinnia H. |



September Volunteers

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

Anthony G.	John P.	Philip W.
Cheryl C.	Leeanne V.	Ro D.
Courtney B.	May G.	Sandi S.
Ginny G.	Mylene P.	Sarah E.
Dejan S.	Peter M.	Shawn T.
Isabelle U.	Peter T.	Shirley F.
Jess W. K.		

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

Note: Closed Oct. 14th for Thanksgiving

Join us at the Bronson Centre Rm 314 to enjoy some company, games, and just hang out. Peer support and Rm 313 is available Mon.– Fri.

Recovery² (Recovery Squared)

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

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.

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

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@pso-ottawa.ca. 613-567-4379 ext.219

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.



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 Souleyman at souleymanh@pso-ottawa.ca or 613-567-4379 ext. 219.

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.



Family Support

Family Peer Support Group

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

Oct 7th, 28th on Zoom, and Oct. 21st in person. 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 at seand@pso-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@pso-ottawa.ca

Recreation @ PSO

Britannia Park Walk

Mon., 1:00pm-2:00pm

**** No walk Oct. 14th - Thanksgiving**

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.

Creative Well Theatre Project

Starting Oct. 16th 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@pso-ottawa.ca or 613-567-4379 ext.115.

The Virtual Drop-In on Zoom

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

**** Closed Oct. 14th for Thanksgiving**

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

Friday Night Games & Trivia

7:00pm-8:30pm

Trivia: Fri., 4th & 18th

Games: Fri., 11th & 25th [New Games]

This month we will be trying out some new games. Come learn a new game and have fun with everyone. Trivia will take place as usual. 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@pso-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@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 brookec@pso-ottawa.ca or 613-567-4379 ext. 211.

Friday Films –



1:00pm in the Lounge

Oct. 4th: The Fabulous Four

Comedy. 1h 28m. Rating: R

It tells the story of two friends who travel to be bridesmaids in a surprise wedding of their college girlfriend.

Oct. 11th: Greedy People

Comedy, Crime. 1h 52 min. Rating: 15

Follows the residents of a small island town who must navigate a sensational murder and the discovery of a million dollars; a series of increasingly bad decisions upend the once peaceful community.

Oct. 18th: Perfect Days

Drama. 2h 4m. Rating: PG. Subtitles

Hirayama cleans public toilets in Tokyo, lives his life in simplicity and daily tranquility. Some encounters also lead him to reflect on himself.

Oct. 25th: A Quiet Place: Day One

Alien invasion, Monster Horror, Drama, Sci-fi, Thriller. 1h 39m. Rating: 15

A young woman named Sam finds herself trapped in New York City during the early stages of an invasion by alien creatures with ultra-sensitive hearing.

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.



Follow us at X

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



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: October 2024

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

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]
- **Peer-2-Peer Information session** [Wed. 6:00pm-7:00pm on zoom and in person room 211]
- **Rainbow Peers** [Wednesdays 4:30pm-5:45pm on Zoom]
- **Recovery² HYBRID** [Thursdays 5:30pm-7:00pm in Room 211 or on Zoom]

PSO Activity Calendar: October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 • Lounge Open	30 PSO CLOSED For Truth and Reconciliation Day	1 • Lounge Open	2 • Lounge Open	3 • Lounge Open • Craft and Chat	4 • Movie: The Fabulous Four • Virtual Drop In • Trivia	5 • Creative Expressions
6 • Lounge Open	7 • Lounge Open • Britannia Walk • Virtual Drop In	8 • Lounge Open	9 • Lounge Open	10 • Lounge Open • Craft and Chat	11 • GATINEAU HIKE • Movie: Greedy People • Virtual Drop In • Games	12 • Creative Expressions
13 • Lounge Open	14 PSO CLOSED For Thanksgiving	15 • Lounge Open	16 • Birthday Cake Day • Lounge Open • Creative Well starts	17 • Lounge Open - Fall/Halloween Decoration day • Craft and Chat	18 • Movie: Perfect Days • Virtual Drop In • Trivia • Creative Café	19 • Creative Expressions
20 • Lounge Open	21 • Lounge Open • Britannia Walk • Virtual Drop In	22 • Lounge Open	23 • Lounge Open • Creative Well	24 • Lounge Open • Craft and Chat	25 • Movie: A Quiet Place: Day One • Virtual Drop In • Games	26 • Creative Expressions
27 • Lounge Open	28 • Lounge Open • Britannia Walk • Virtual Drop In • HALLOWEEN Pictionary	29 • Lounge Open	30 • Lounge Open • Creative Well	31 • HALLOWEEN PARTY & Karaoke 2-4 pm • Lounge Open • Craft and Chat	Nov. 1 • Movie: TBD • Virtual Drop In • Trivia	2 • Creative Expressions

Activity Groups Time and Location (in alphabetical order)

<ul style="list-style-type: none"> 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-9:00pm] Creative Expressions [Sat. 12:00pm-2:00pm in Rm 211] Creative Well [Wed. 1:00pm-3:00pm Rm 212] 	<ul style="list-style-type: none"> Games [<u>Alternate</u> Fri. 7:00pm-8:30pm on Zoom] Gatineau Hike [Fri. Oct. 11th noon-4:00pm, meet in Bronson Centre Lobby] Halloween/Fall Decorating day [Thurs. in lounge] Halloween Party / Karaoke [Thurs. 2:00pm-4:00pm in Rm 314] Halloween Pictionary [Mon., 7:00pm-8:30pm on Zoom] 	<ul style="list-style-type: none"> 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] Trivia [<u>Alternate</u> Fri. 7:00pm-8:30pm on Zoom] Virtual Drop In [Mon. and Fri. 4:00pm-5:00pm on Zoom]
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