



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



From all of the staff at PSO, we would like to wish you Happy Holidays and a wonderful New Year! We look forward to seeing everyone in 2022!

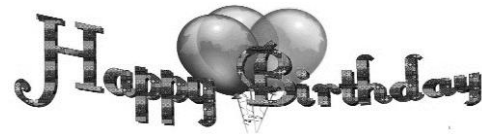
Membership Reminder

If your name is highlighted in yellow on the envelope, it means that we don't have a current membership form from you. Please fill out the enclosed form and return it to us. If you have renewed since we printed the labels, we thank you!

Second Floor Lounge

Wednesdays, Thursdays & Fridays from 12-3:30 in Rooms 211 & 212

We are hoping that our lounge space will continue to be open for the month of January, depending on the recommendations from Ottawa Public Health and the province. We are making our spaces as COVID safe as possible. Screening at the door and masks will be mandatory, as will physical distancing. There will be no eating or drinking in the lounge space for now. We strongly recommend reserving your space with Christine at christinec@pso-ottawa.ca or ext.112.



Our January Birthdays

| | | |
|--------------|-------------|-------------|
| Abby H. | Dejan S. | Neil A. |
| Alexa K. T. | Douglas K. | Paulette M. |
| Ali A. | Gerard D. | Perry B. |
| Ali N. | Hayley P. | Philip S. |
| Alyssa G. | Heather B. | Rachel C. |
| Ashley-L. G. | Janet K. | Saman G. |
| Bella T. | Jeannine G. | Savin T. |
| Brian S. | Jonathan R. | Serena W. |
| Care B. | Kevin F. | Stephane N. |
| Catherine E. | Lindsay B. | Tiffany C. |
| Christine W. | Megan K. | William K. |
| Colleen S. | Mike R. | William S. |
| Dale A. T. | Nathan R. | |

New Job Posting!

Please keep your eyes open for new job postings in the New Year! We will be looking for someone with administrative as well as financial experience, so please check out our website and Charity Village for these exciting new opportunities in the New Year!

We will be closed from December 25th through January 2nd for the holidays, reopening January 3rd. Groups will not be running during this time.

Creative Expressions Art Group

Saturdays, 12:00pm to 1:30pm on Zoom (phone-in available)

A friendly, non-judgmental art group where people who experience mental health struggles can be creative. Use our creative prompts and the materials you have at home to express yourself. For registration, please contact Shawnee: shawneew@pso-ottawa.ca, ext. 114.

Community Transitions

Tuesdays 6:00pm to 7:15pm on Zoom (phone-in available)

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 registration, contact Sara: sarab@pso-ottawa.ca or at ext. 216.

Online Family Peer Support

Mondays, 6:30pm to 8:00pm on Zoom

To join or for more info, please contact Sean D: seand@pso-ottawa.ca, ext. 221. Please email or leave a phone message for phone or email support and we will get back to you shortly. The Family Support Team is now taking registration for an in-person Family Support Group. If we receive enough interest, the meeting will replace the virtual meeting for that day. The next in person group is December 6th. For registration or more questions, email Beata at beataz@pso-ottawa.ca.

Hearing Voices and Parallel Realities

Tuesdays 3:30pm to 4:45pm on Zoom (phone-in available)

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 registration contact Dana: danai@pso-ottawa.ca, ext. 223.

Craft and Chat

Thursdays, 1:00pm to 2:15 pm on Zoom

Up for casual conversation and creativity? Whatever your craft is, bring it and hang out with us on Zoom! Contact: stephaniee@pso-ottawa.ca for info.

Pictionary

Monday, January 3rd, 17th & 31st

NEW TIME: 7:00pm to 8:30pm

Hang out on Zoom and take turns drawing and guessing in this game of virtual Pictionary! To sign up, please contact Steph: stephaniee@pso-ottawa.ca.

Rainbow Peers

Wednesdays, 4:30 to 5:45pm on Zoom (phone-in available)

A group where 2SLGBTQIA+ people of all ages (16+) gather as a community. Together we create a safe space to share about sexual orientation, gender identity, mental health, and experiences accessing services. All identities are valued, celebrated, and welcome! Please contact Brie: bried@pso-ottawa.ca, ext. 122

Thank You Volunteers!



Many thanks to our fabulous November volunteers! Our community would not thrive without your help and support!

| | | |
|------------|-------------|-------------|
| Audra M. | May G. | Sandi S. |
| Glendyn K. | Caleb F. | Peter T. |
| John P. | Gail S. | Manjit S. |
| Shawn T. | Bianca O | Jamie B. |
| Angus W. | Jamie S. | Linda C. |
| Peter M. | Jenelle D. | Lorraine L. |
| Nancy M. | Philippe S. | Joe P. |

How to Connect Online

Many of our groups are still happening online and most are also accessible by phone. The groups are listed throughout the Update so please contact the person listed in the description. They will send you the online code or give you the phone number for the group you want to be in. You may also sign up via our website.

Online Peer Support Group

Wednesdays & Fridays 1:00pm to 2:30pm

We have “Zoom Peer Support Group Meetings” Wednesdays and Fridays. For more information, the link to the meeting and the call in number, please contact Tom K. at tomk@psso-ottawa.ca, ext. 220

Recovery²

Wednesdays 6:00pm to 7:15pm on Zoom (phone-in available)

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 registration, contact Tyrone: tyroneg@psso-ottawa.ca, ext. 213

Britannia Walking Group

Mondays from 1:00pm-2:00pm

Join us for a lovely walk in the park. Please remember to wear a mask, keep a distance of 6 feet between you and other members and make sure you have something to keep you hydrated.

Register in advance with sarab@psso-ottawa.ca , ext. 216

Young Adult Peer Support/the Guild

Currently on Hiatus

YAPS and The Guild are on hiatus for Jan.uary We look forward to seeing you in the near future, IRL! If you have any questions regarding these groups, please connect with Laura at laurav@psso-ottawa.ca

Zoom Virtual Lounge

Mondays, Tuesdays and Fridays 4:00pm-5:00pm

Come and join us to check in, catch up and generally hang out. This is a great opportunity to connect with all our peers! For more information and to register, please contact Steph at stephaniee@psso-ottawa.ca, ext. 125

Trivia and Games Night

Trivia: January 7th & 21st

7:00pm to 8:30pm on Zoom

Games: Friday January 14th & 28th

7:00pm to 8:30pm on Zoom

Please Join us Friday nights for fun games and trivia. Connect on Zoom and use your smartphone or tablet to play along. Please contact stephaniee@psso-ottawa.ca

Family Support Newsletter

This e-newsletter offers information on free community resources, wellness strategies, and more. To subscribe, contact Beata: beataz@ps0-ottawa.ca.

Keep In Touch

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

<https://www.facebook.com/psychiatricurvivorsottawa>
@psychiatricurvivorsottawa

<https://www.facebook.com/groups/513011506046018/>
@PSOttawa

Creative Well Theatre Project

Creative Well welcomes new and past participants to join together on Zoom from 12:30-2:30pm on Wednesdays, for creative play, theatre games, and sharing life experience. Our creative ensemble will develop through improvisations and exercises through November and December, before beginning to develop our show in the New Year. This year, Creative Well will create a performance to be performed both in-person and online for Mental Health Week, May 10-16, 2022.

If you are looking for an opportunity to engage your creativity, have fun, make new friends and explore making theatre in a safe and supportive environment, Please contact Rebecca at rebecca@branchouttheatre.com

PSO Facebook Group

Our closed Facebook Group will not be monitored during the holiday season. Please continue to adhere to PSO's, as well as our Facebook group's codes of conduct, and staff will check-in on the group after January 2. We are considering options for the group for the future and how well it is able to run unmonitored will inform our decisions. If you need extra support with your mental health, you can contact the Crisis Line - 613-722-6914 or the Distress Centre - 613-238-3311.

Community Veterinary Outreach

Are you homeless or vulnerably housed, and on ODSP or OW and have a pet who hasn't seen a vet in a year? Would you like your pet to have a checkup? PSO has a partnership with Community Veterinary Outreach and your pet may be eligible for a checkup. Please note that this is for preventative care only and not for treatment of an illness. Also, this is meant to support existing pet/human companionship and not facilitate new pet ownership. Details of criteria are here <https://vetoutreach.org/programs/>. Please contact Tiffany if you think you may meet the criteria and would like a referral. tiffanyw@ps0-ottawa.ca ext. 213.

Research Project

Two researchers from the University of Ottawa are doing a study on virtual peer support during the pandemic, to explore how the pandemic has impacted the

experiences of peers and their access to peer services. Participation is voluntary, and if you'd like to participate in an interview via zoom or phone, please contact Elmira at: smirb060@uottawa.ca. You do not need to tell PSO about your participation as it is your choice. The researchers are offering a \$25 cash or gift certificate to anyone who participates.

Technology Requests

If you require a smartphone or tablet and data plan to take part in online groups or connect with your support team, please let us know. Also let us know if you need help to learn how it works. Contact us with your request by phone at (613) 567-4379, email us at info@pso-ottawa.ca. Please include your name, your postal code and an email or phone number so we can contact you.

Community Resources

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/>

Covid Assessment Center Bookings

Monday – Friday 8:30am to 4:00pm

If you have symptoms or have been exposed to a confirmed case of COVID there are a number of testing centres available. To book online check here: <https://www.ottawapublichealth.ca/en/sha-red-content/assessment-centres.aspx>

To book a test appointment by phone: Centretown CHC: 420 Cooper is 343-553-2661

Sandy Hill CHC: 221 Nelson St is 613-789-1500

Somerset West CHC: 55 Eccles St. is 613-327-8145

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/stories/ontario/>

Rent Relief Fund

Did you know that the City has a fund that can help tenants pay arrears? Have you fallen behind on rent payments during the pandemic?

1. Dial 311
2. Select language
3. Press 4 for social services
4. Press 3 to speak to someone
5. Ask for the emergency Health and Social Services Fund to pay your rent arrears

Men's Peer Support Group

This group is for anyone identifying as male, living with mental health challenges and looking for support from a group of empathetic peers. Registration at <https://app.acuityscheduling.com/schedule.php...> For more information info@mooddisorders.ca or (416) 486-8046

African, Caribbean & Black (ACB) Mental Health

Wednesdays 1:00-3:00 PM

Register to join at: <https://www.eventbrite.ca/e/acb-peer-support-group-tickets2034180>

Canadian Women of Colour Leadership Network is proud to sponsor ACB peer support and inclusive healing spaces in collaboration with Ottawa Black Mental Health Coalition.

Counselling Connect

When life is challenging we are here for you. Schedule a free next-day phone or video counselling session through www.counsellingconnect.org or phone through the Distress Centre 613-238-3311.

Ontario Virtual Care Clinic

This is virtual primary care for people who need basic healthcare but don't have a family doctor. <https://www.seethedoctor.ca/>

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. wellnesstogether.ca

Creative Corner

If you write poetry or prose, take photos or paint, we want to see your creative side! Please submit artwork and poems to Stephanie at stephaniee@pso-ottawa.ca

I'll listen to you
Tell me your strife.
In every bone,
I sense your plight.

Your truth is deep
And I reflect your needs
I pray you see your light
Spark in your eyes

And your willingness to live
Gives me hope; I know you'll persist.

That fight that is yours; That fight is your right
In the crevices and cracks,
we thrash and kick, yet...
This pain too shall pass.

-Amanda R.

PSO Support Calendar: January 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|--------------------------------|--|---|----------------|---|------------------------------|
| December 26 Boxing Day Kwanzaa | 27 CLOSED | 28 FOR | 29 THE | 30 HOLIDAYS | 31 | January 1 Happy New Year! |
| 2 | 3 • Family Peer Support | 4 • Hearing Voices/Parallel Realities • Community Transitions | 5 • Online/phone peer support group • Rainbow Peers • Recovery ² | 6 | 7 • Online/phone peer support group | 8 |
| 9 | 10 • Family Peer Support | 11 • Hearing Voices/Parallel Realities • Community Transitions | 12 • Online/phone peer support group • Rainbow Peers • Recovery ² | 13 | 14 • Online/phone peer support group | 15 |
| 16 | 17 • Family Peer Support | 18 • Hearing Voices/Parallel Realities • Community Transitions | 19 • Online/phone peer support group • Rainbow Peers • Recovery ² | 20 | 21 • Online/phone peer support group | 22 |
| 23/30 | 24/31 • Family Peer Support | 25 • Hearing Voices/Parallel Realities • Community Transitions | 26 • Online/phone peer support group • Rainbow Peers • Recovery ² | 27 | 28 • Online/phone peer support group | 29 |

Support Groups Time and Location (in alphabetical order)

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Community Transitions [Tuesdays 6:00-7:15pm Zoom] • Family Peer Support [Mondays 6:30-8:00pm Zoom] | <ul style="list-style-type: none"> • Hearing Voices/Parallel Realities [Tuesdays 3:30-4:45pm Zoom] • Online Peer Support Group [1:00-2:30pm Zoom] | <ul style="list-style-type: none"> • Rainbow Peers [Wednesdays, 4:30-5:45pm Zoom] • Recovery² [Wednesdays 6:00-7:15pm Zoom] |
|---|---|--|

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PSO Leisure Calendar: January 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|---|--|---|---|---|--|
| December 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| | CLOSED | | FOR | THE | | HOLIDAYS |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | <ul style="list-style-type: none"> • Britannia Walking Group • Virtual Drop In • Pictionary | <ul style="list-style-type: none"> • Virtual Drop in | <ul style="list-style-type: none"> • Second Floor Lounge | <ul style="list-style-type: none"> • Second Floor Lounge • Craft and Chat | <ul style="list-style-type: none"> • Second Floor Lounge • Virtual Drop in • Trivia | <ul style="list-style-type: none"> • Creative Expressions |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | <ul style="list-style-type: none"> • Britannia Walking Group • Virtual Drop In | <ul style="list-style-type: none"> • Virtual Drop in | <ul style="list-style-type: none"> • Second Floor Lounge | <ul style="list-style-type: none"> • Second Floor Lounge • Craft and Chat | <ul style="list-style-type: none"> • Second Floor Lounge • Virtual Drop in • Games | <ul style="list-style-type: none"> • Creative Expressions |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | <ul style="list-style-type: none"> • Britannia Walking Group • Virtual Drop In • Pictionary | <ul style="list-style-type: none"> • Virtual Drop in | <ul style="list-style-type: none"> • Second Floor Lounge | <ul style="list-style-type: none"> • Second Floor Lounge • Craft and Chat | <ul style="list-style-type: none"> • Second Floor Lounge • Virtual Drop in • Trivia | <ul style="list-style-type: none"> • Creative Expressions |
| 23/30 | 24/31 | 25 | 26 | 27 | 28 | 29 |
| | <ul style="list-style-type: none"> • Britannia Walking Group • Virtual Drop In • Pictionary on the 31st | <ul style="list-style-type: none"> • Virtual Drop in | <ul style="list-style-type: none"> • Second Floor Lounge | <ul style="list-style-type: none"> • Second Floor Lounge • Craft and Chat | <ul style="list-style-type: none"> • Second Floor Lounge • Virtual Drop in • Games | <ul style="list-style-type: none"> • Creative Expressions |

Leisure Groups Time and Location (in alphabetical order)

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Craft and Chat [Thursdays 1:00-2:15pm Zoom] • Creative Expressions Online Crafts [12:00pm-1:15pm Zoom] • Facebook Group [24/7] • Games and Trivia [Fridays 7:00-8:30pm Zoom] | <ul style="list-style-type: none"> • Laughter Yoga [Tuesdays 2:00-3:00pm on Zoom] • Park walking group - Britannia Beach [Mondays 1:00-2:00pm] | <ul style="list-style-type: none"> • Pictionary [Mondays 7:00-8:30pm Zoom] • Second Floor Lounge [Wednesday, Thursday, Friday 12:00-3:30] • Virtual Lounge [Mondays, Tuesdays and Fridays 4:00-5:00pm Zoom] |
|---|--|---|

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