



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

AGM Meeting & Voting

Monday, November 22nd

Join us on Zoom for our Annual General Meeting. The AGM reviews performance over the past year and gives members the opportunity to ask questions and vote on key issues. These include the approval of the annual report and accounts, the election of directors and the re-election of auditors. This year we have four (4) vacant spots on the board, and four (4) candidates. Please ensure you indicate on the attestation enclosed, if you approve of the slate nominees or not, and sign and send back with your filled out membership form, in the self-addressed stamped envelope that is enclosed.

Because the date of the AGM has been moved, we will require the membership form to be sent back again to ensure we can continue to send out the update. We will be supplying a treat for those who participate in the AGM, so please sign up in advance with Christine, at christinec@pso-ottawa.ca Ext. 112

Meet the Candidates

There will be a “Town Hall meeting” on Wednesday, November 3rd at 5:00pm where the candidates will present themselves. To register for the town hall please contact Christine at christinec@pso-ottawa.ca Ext. 112

Holiday Party Save the Date!

We will be hosting an all-day online holiday party on December 24th!

Registration is highly recommended as we will be preparing party packs for those who register in advance! Stay tuned for more details in the December update.

Second Floor Lounge

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

Our lounge space will continue to be open at PSO for the month of November, and we are making it as COVID safe as possible. To give us enough space we will be meeting in rooms 211 and 212 right underneath the regular drop-in. COVID 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. Spaces will be limited so we strongly recommend reserving your space with Christine at christinec@pso-ottawa.ca or ext.112.

Next Board Meeting

Wednesday, November 17th, 6:00pm on Zoom

To add an item to the agenda or to observe, contact Christine at **ext. 112** by **Nov. 10th**. a confidentiality agreement is required to attend.

Craft and Chat

Thursdays, 1:00pm to 2:30pm on Zoom
 Up for casual conversation and creativity? Whatever your craft is, bring it and hang out with us on Zoom! Contact: stephaniee@psu-ottawa.ca for info.

Farewell Melissa!

Our Peer Facilitation Coordinator, Melissa Y., is leaving us for a new chapter in her career in mental health. She has been an integral part of the organization for these past 8 years, and we are sad to see her go but wish her the very best in her new job!

Community Transitions

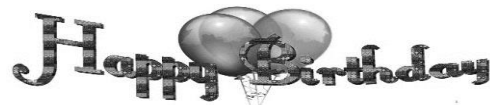
Tuesdays 6:00pm to 7:15pm on Zoom (phone-in available)
 In this group, we discuss the challenges and successes of transition after a recent discharge from inpatient mental health care while building social connections. For registration, contact Sara: sarab@psu-ottawa.ca or at ext. 216.

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@psu-ottawa.ca, ext. 223.

Online Family Peer Support

Mondays, 6:30pm to 8:00pm on Zoom
 To join or for more info, please contact Sean D: seand@psu-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. Hopefully we will be able to learn from this group and plan for more in-person groups in the future. For registration or more questions, email Beata at beataz@psu-ottawa.ca.

**Our November Birthdays**

- | | | |
|----------------|--------------|------------|
| Andrea S. | Debbie M. | May G. |
| Bemi O. | Diane M. | Nat H. |
| Brock V. | Eloise M. L. | Nicola S. |
| Carlo V.T. | Emily Z. | Rabeya J. |
| Caroline P. | Emma B. | Robert L. |
| Cathleen L. | Freedom E. | Sarah M. |
| Christie R. | Sandi S. | Shawn R. |
| Christopher R. | Lan N. | Sherry C. |
| Courtney J. | Lorraine P. | Stephen W. |
| Daliya F. | Marcia G. | Sylvie B. |
| Dana P. | Marie P. | Tamara O. |
| Daniel G. | | |

Pictionary

Monday, November 1th & 15th & 29th, 7:30pm to 9:00pm
 Hang out on Zoom and take turns drawing and guessing in this game of virtual Pictionary! To sign up, please contact Steph: stephaniee@psu-ottawa.ca.

Creative Expressions Art Group

Saturdays, 12:00pm to 1:15pm 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 Laura: laurav@pso-ottawa.ca, ext. 212.

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 October volunteers! Our community would not thrive without your help and support!

- | | | |
|------------|-------------|------------|
| Audra M. | Caleb F. | Sandi S. |
| Glendyn K. | Gail S. | Shawnee W. |
| John P. | Bianca O | Peter T. |
| Shawn T. | Caroline P. | Dejan S. |
| Angus W. | Hayley P. | Manjit S. |
| Peter M. | Jamie S. | Jamie B. |
| May G. | | |

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@pso-ottawa.ca, ext. 220

Laughter Yoga

Tuesdays 2:00pm to 3:00pm on Zoom. Please note there is no group on the 23rd.

Members connect by playfully doing easy yoga poses together to engage in laughing for no reason. A welcoming safe space for unhindered laughing, silliness, and a joyful release. Who doesn't want a free facelift ? To register, Please contact christinec@pso-ottawa.ca

Britannia Walking Group

Mondays from 1:00pm-2:30pm

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@pso-ottawa.ca ext. 216

Young Adult Peer Support/the Guild

Currently on Hiatus

YAPS and The Guild will be going on a temporary hiatus in order to prioritize transitioning back to in-person groups. 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@pso-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@pso-ottawa.ca, ext. 125

Trivia and Games Night

Trivia: Friday November 5th & 19th

7:00pm to 8:30pm on Zoom

Games: Friday November 12th & 26th

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@pso-ottawa.ca

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@pso-ottawa.ca, ext. 213

Family Support Newsletter

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

New Job Opportunities at PSO!

We have a few new job openings available at PSO that we are excited to share with you! Please see the enclosed job postings and note that they are also posted on Charity Village and the PSO website. To apply, please follow the instructions on the posting, and send a cover letter and resume to info@pso-ottawa.ca att: Hiring Committee.

Keep In Touch

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

<https://www.facebook.com/psychiatricurvivorsottawa>
[@psychiatricurvivorsottawa](https://www.facebook.com/psychiatricurvivorsottawa)

<https://www.facebook.com/groups/513011506046018/>
[@PSOttawa](https://www.facebook.com/groups/513011506046018/)

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.

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

Community Resources

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/shared-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

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. The events are free but you have to register through the webpage <https://bronsoncentre.ca/bronson-safe-open/> or at 343-999-9110.

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

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

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.

Narcotics Anonymous (NA)

NA is a community-based organization for recovering addicts, where members learn from one another how to live drug-free and recover from the effects of addiction in their lives

<http://www.ottawana.org>

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

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/>

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/>

A Word from Sonja

Hi Everyone,

How are you hanging in there? Short, dark days and cooler weather make me a bit glum. Motivation to do my self-care doesn't come as easily and I want to hide under the covers with the cat.

Most of the people I ask admit they aren't doing so hot at this point in the pandemic – even mental health professionals are struggling a bit.

Everyone I talk to seems a bit frayed and like they need some care shown to them. I have decided that is how I am going to try and make it through this fall and winter – intentionally showing care and kindness, and I plan to be one of my own customers.

Sometimes when I get busy I can get snippy, or I make room for compassion and kindness for others but don't make the same space for self-compassion. The great thing about it is that the more self-compassion I can give myself, the more I have to pass on to others. It's nothing that new, but kindness and compassion can make the grey days feel less dreary.

“Be kind whenever possible.

It is always possible.”

the Dalai Lama

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 Christine at christinec@pso-ottawa.ca

PSO Support Calendar: November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 31	November 1 • Family Peer Support	2 • Hearing Voices/Parallel Realities • Community Transitions	3 • Online/phone peer support group • Recovery ² • Rainbow Peers • AGM TOWN HALL	4	5 • Online/phone peer support group	6
7	8 • Family Peer Support	9 • Hearing Voices/Parallel Realities • Community Transitions	10 • Online/phone peer support group • Recovery ² • Rainbow Peers	11	12 • Online/phone peer support group	13
14	15 • Family Peer Support	16 • Hearing Voices/Parallel Realities • Community Transitions	17 • Online/phone peer support group • Recovery ² • Rainbow Peers • Board Meeting	18	19 • Online/phone peer support group	20
21	22 • Family Peer Support • AGM - ZOOM	23 • Hearing Voices/Parallel Realities • Community Transitions	24 • Online/phone peer support group • Recovery ² • Rainbow Peers	25	26 • Online/phone peer support group	27
28	29 • Family Peer Support	30 • Hearing Voices/Parallel Realities • Community Transitions	December 1 • Online/phone peer support group • Recovery ² • Rainbow Peers	2	3 • Online/phone peer support group	4

Support Groups Time and Location (in alphabetical order)

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|---|--|--|
| <ul style="list-style-type: none"> • ANNUAL GENERAL MEETING [5:00-7:00pm Zoom] • AGM TOWN HALL [5:00-7:00pm Zoom] • Community Transitions [Tuesdays 6:00-7:15pm Zoom] | <ul style="list-style-type: none"> • Family Peer Support [Mondays 6:30-8:00pm Zoom] • 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: November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 31	November 1 <ul style="list-style-type: none"> • Britannia Walking Group • Virtual Drop In • Pictionary 	2 <ul style="list-style-type: none"> • Virtual Drop in • Laughter Yoga 	3 <ul style="list-style-type: none"> • Second Floor Lounge • AGM TOWN HALL 	4 <ul style="list-style-type: none"> • Craft and Chat • Second Floor Lounge 	5 <ul style="list-style-type: none"> • Second Floor Lounge • Trivia • Virtual Drop in 	6 <ul style="list-style-type: none"> • Creative Expressions
7	8 <ul style="list-style-type: none"> • Britannia Walking Group • Virtual Drop In 	9 <ul style="list-style-type: none"> • Laughter Yoga • Virtual Drop in 	10 <ul style="list-style-type: none"> • Second Floor Lounge 	11 <ul style="list-style-type: none"> • Second Floor Lounge • Craft and Chat 	12 <ul style="list-style-type: none"> • Second Floor Lounge • Games • Virtual Drop in 	13 <ul style="list-style-type: none"> • Creative Expressions
14	15 <ul style="list-style-type: none"> • Britannia Walking Group • Virtual Drop In • Pictionary 	16 <ul style="list-style-type: none"> • Laughter Yoga • Virtual Drop in 	17 <ul style="list-style-type: none"> • Second Floor Lounge • Board Meeting 	18 <ul style="list-style-type: none"> • Craft and Chat • Second Floor Lounge 	19 <ul style="list-style-type: none"> • Second Floor Lounge • Trivia • Virtual Drop in 	20 <ul style="list-style-type: none"> • Creative Expressions
21	22 <ul style="list-style-type: none"> • Britannia Walking Group • AGM - ZOOM 	23 <ul style="list-style-type: none"> • Virtual Drop in 	24 <ul style="list-style-type: none"> • Second Floor Lounge 	25 <ul style="list-style-type: none"> • Craft and Chat • Second Floor Lounge 	26 <ul style="list-style-type: none"> • Second Floor Lounge • Games • Virtual Drop in 	27 <ul style="list-style-type: none"> • Creative Expressions
28	29 <ul style="list-style-type: none"> • Virtual Drop in • Britannia Walking Group • Pictionary 	<ul style="list-style-type: none"> • Laughter Yoga • Virtual Drop in 	December 1 <ul style="list-style-type: none"> • Second Floor Lounge 	2 <ul style="list-style-type: none"> • Craft and Chat • Second Floor Lounge 	3 <ul style="list-style-type: none"> • Second Floor Lounge 	4 <ul style="list-style-type: none"> • Creative Expressions

Leisure Groups Time and Location (in alphabetical order)

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> • ANNUAL GENERAL MEETING [5:00-7:00pm Zoom] • AGM TOWN HALL [5:00-7:00pm Zoom] • Craft and Chat [Thursdays 1:00-2:30pm Zoom] • Creative Expressions Online Crafts [12:00pm-1:15pm Zoom] | <ul style="list-style-type: none"> • Facebook Group [24/7] • Games and Trivia [Fridays 7:00-8:30pm Zoom] • Laughter Yoga [Tuesdays 2:00-3:00pm on Zoom] • Park walking group - Britannia Beach [Mondays 1:00-2:30pm] | <ul style="list-style-type: none"> • Pictionary [Mondays 7:30-9:00pm 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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