



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

Chchchch...Changes!

PSO is continuing our return to in-person programming and you will see a lot of changes over the next months. Part of this is due to our desire to see your faces in person, and part is because our Recovery Connections staff are returning to supporting our peers who are in the hospital units and are no longer available to be on the phones or online as much.

What does this mean for October?

1. Our lounge on the second floor is now open from 12-3:30/3 days per week
2. There will be no support phone line
3. Virtual Drop-in will be on Monday, Tuesday and Friday afternoons
4. There will be no Wednesday walk
5. The computer area will not be open yet
6. All the other online support groups will continue to be online for October

We know it sucks to lose some of the things we have enjoyed together during the pandemic, but we hope you will find some new things to love as we open up in person.

**Please note that we will be closed
 Monday, October 11th, for
 Thanksgiving**

Second Floor Lounge

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

Our lounge space is open again at PSO and we are keeping 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. There will be very limited first-come-first serve spots.

Annual General Meeting Monday, November 22nd

Join us on Zoom for our Annual General Meeting of the members. 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. We are still looking for nominees to run for the Board. If you are interested and/or would like to sign up for the AGM, please email Christine at christinec@pso-ottawa.ca or call at ext. 112.

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@ps0-ottawa.ca for info.

Family Support Newsletter

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

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@ps0-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@ps0-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 on Monday November 1, 2021, 6:30-8:30 pm. 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@ps0-ottawa.ca

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.



Our October Birthdays

- | | | |
|----------------|--------------|-------------|
| Ainsley U. | David B. | Mary D. |
| Alina S. | Emmalie F. | Nancy R. |
| Amelia G. | Eric W. | Philippe S. |
| Amy P. | Erica W. | Rebecca P. |
| Andrea T. | Frank B. | Renato F. |
| Audra M. | Genevieve R. | Richard L. |
| Barbara J. G. | Halle R. | Rose R. |
| Becky G. | Jane Von M. | Ross Lo. |
| Brian D. | Janet T. | Sarah G. |
| Caroline S. | Kani S. | Scott Ta. |
| Cassandra A. | Karan M. | Sherry B. |
| Chantel St. A. | Keri M. | Steven S. |
| Christine B. | Linda S. | Urszula M. |
| Christopher A. | Luc L. | Yolande A. |
| Claire K. | | |

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@ps0-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@ps0-ottawa.ca, ext. 122.

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@ps0-ottawa.ca, ext. 223.

Thank You Volunteers!



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

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

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@ps0-ottawa.ca, ext. 220

Laughter Yoga

Tuesdays 2:00pm to 3:00pm on Zoom

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@ps0-ottawa.ca

Britannia Walking Group

Mondays from 1:00pm-2:30pm

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@ps0-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@ps0-ottawa.ca"

Virtual Halloween Hangout

**Friday, October 29th, 4:00pm to 6:00pm
on Zoom**

Celebrate Halloween with an extended virtual drop-in! Games, trivia, and maybe a trick or two. Costumes encouraged with prizes for favourites! Register for the Zoom Virtual Drop In to join us. Contact Stephaniee@pso-ottawa.ca or (613) 567-4379 ext. 125.

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 October 8th & 22nd
7:00pm to 8:30pm on Zoom**

**Games: Friday October 1st & 15th 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 to register

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

Pictionary

**Monday, October 4th & 18th, 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@pso-ottawa.ca.

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

Keep In Touch

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

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

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

Fast Free Counselling

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.

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

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

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/>

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.

Men's Peer Support Group

This group put on by Mood Disorders Ontario meets virtually every Thursday 1pm-3pm. The 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 and other programs and services, reach out to us at 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/>

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

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>

Research Project

Two researchers from the University of Ottawa are doing a study on virtual peer support during the pandemic. The purpose of the study is 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

A Word from Sonja

Hi Everyone,

Happy Autumn! Days are getting crisper and shorter and hot drinks taste yummier. Coming back to the office full time felt a lot like returning to school in September –

entering the old school building and looking forward to meeting friends old and new.

It has been really wonderful to see people in the second-floor lounge and catch up with everything that has been going on with them since early 2020. There has been some good chat and some laughs, which we all need so dearly.

The virtual groups are still going strong. We have been hearing how much some of you are enjoying getting support from others from the comfort of home and we are happy to keep them running. I know Steph is cooking up some spooky fun for our virtual Halloween party on the 29th and I invite you to join us.

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

Alone

Alone he came
And alone he shall finally go
When the time is ripe
Leaving behind every stride
Measure not then
But now in the flight
For alone he came
And alone he shall take the final flight...

Written By: Manjit S.

PSO Support Calendar: October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 26 <ul style="list-style-type: none"> Peer Support Phone Lines 	27 <ul style="list-style-type: none"> Family Peer Support 	28 <ul style="list-style-type: none"> Hearing Voices/Parallel Realities Community Transitions 	29 <ul style="list-style-type: none"> Online/phone peer support group Recovery² 	30	October 1 <ul style="list-style-type: none"> Online/phone peer support group 	2
3	4 <ul style="list-style-type: none"> Family Peer Support 	5 <ul style="list-style-type: none"> Hearing Voices/Parallel Realities Community Transitions 	6 <ul style="list-style-type: none"> Online/phone peer support group Recovery² Rainbow Peers 	7	8 <ul style="list-style-type: none"> Online/phone peer support group 	9
10	11 CLOSED FOR THANKSGIVING	12 <ul style="list-style-type: none"> Hearing Voices/Parallel Realities Community Transitions 	13 <ul style="list-style-type: none"> Online/phone peer support group Recovery² Rainbow Peers 	14	15 <ul style="list-style-type: none"> Online/phone peer support group 	16
17	18 <ul style="list-style-type: none"> Family Peer Support 	19 <ul style="list-style-type: none"> Hearing Voices/Parallel Realities Community Transitions 	20 <ul style="list-style-type: none"> Online/phone peer support group Recovery² Rainbow Peers 	21	22 <ul style="list-style-type: none"> Online/phone peer support group 	23
24/31	25 <ul style="list-style-type: none"> Family Peer Support 	26 <ul style="list-style-type: none"> Hearing Voices/Parallel Realities Community Transitions 	27 <ul style="list-style-type: none"> Online/phone peer support group Recovery² Rainbow Peers 	28	29 <ul style="list-style-type: none"> Online/phone peer support group 	30

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 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: October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 26 <ul style="list-style-type: none"> Facebook Group 	27 <ul style="list-style-type: none"> Facebook Group Britannia Walking Group 	28 <ul style="list-style-type: none"> Facebook Group Virtual Drop in Laughter Yoga 	29 <ul style="list-style-type: none"> Facebook Group 	30 <ul style="list-style-type: none"> Facebook Group Craft and Chat Second Floor Lounge 	October 1 <ul style="list-style-type: none"> Facebook Group Games Virtual Drop in 	2 <ul style="list-style-type: none"> Creative Expressions Facebook Group
3 <ul style="list-style-type: none"> Facebook Group 	4 <ul style="list-style-type: none"> Facebook Group Virtual Drop in 	5 <ul style="list-style-type: none"> Facebook Group Laughter Yoga Virtual Drop in 	6 <ul style="list-style-type: none"> Facebook Group Second Floor Lounge 	7 <ul style="list-style-type: none"> Facebook Group Second Floor Lounge Craft and Chat 	8 <ul style="list-style-type: none"> Facebook Group Second Floor Lounge Trivia Virtual Drop in 	9 <ul style="list-style-type: none"> Creative Expressions Facebook Group
10 <ul style="list-style-type: none"> Facebook Group 	11 <p>CLOSED FOR THANKSGIVING</p>	12 <ul style="list-style-type: none"> Facebook Group Laughter Yoga Virtual Drop in 	13 <ul style="list-style-type: none"> Facebook Group Second Floor Lounge 	14 <ul style="list-style-type: none"> Facebook Group Craft and Chat Second Floor Lounge 	15 <ul style="list-style-type: none"> Facebook Group Second Floor Lounge Games Virtual Drop in Second Floor Lounge 	16 <ul style="list-style-type: none"> Creative Expressions Facebook Group
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Leisure Groups Time and Location (in alphabetical order)

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> Craft and Chat [Thursdays 1:00-2:30pm Zoom] Creative Expressions Online Crafts [12:00pm-1:15pm Zoom] Facebook Group [24/7] | <ul style="list-style-type: none"> 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 Halloween Hangout [Friday October 29th, 4:00-6:00pm on Zoom] Virtual Lounge [Mondays, Tuesdays and Fridays 4:00-5:00pm Zoom] |
|---|--|---|

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