



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

Holiday Party: Zoom Edition

Friday, Dec. 24th from 12-4:00pm on Zoom (phone in available)

Due to the pandemic we can't have our usual holiday party in Mac Hall, but we will be hosting an all-day online holiday party on December 24th with crafts, songs, games and lively conversation. Register by Dec. 10th to make sure you get your party package and by December 23rd if you only want the Zoom link.

Email or call christinec@pso-ottawa.ca or call ext. 112

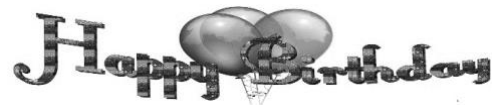
Second Floor Lounge

Wednesdays, Thursdays & Fridays from 12-3:30 in Rooms 211 & 212 (Closed December 17th and 24th)

Our lounge space will continue to be open at PSO for the month of December, 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.

Welcome New Staff!

Please join us in giving a hearty welcome to Shawnee W. our new Recreation Support Staff, and Caroline P., our newest Peer Support Worker! We look forward to them both joining the PSO team!



Our December Birthdays

Adrianna W.	Geordin L.	Patricia B.
Aida	Harry W. T.	Paul D.
Angela G.	Helena V.V.	Roopesh M.
Aubyn B.R.	Jeremy C.	Samantha J.
Ayla P. S.	Joshua H.	Samantha L.
Beata Z.	Joyce F.	Samuel D.
Brian S.	Kayti C.	Sarah D.
Chantal G.	Laura C.	Sarah H.
Clarence A.	Laura D. D.	Sarah L.
Daniel B.	Laurie F.	Serena M.
Dawn R.	Lutfun N. B.	Shawn G.
Deanna D.	Mark M.	Shawn S.
Derek D.	Mylissa P.	Sophie G.
Doug R.	Naheen A.	Suzie M.
Edward Č.	Nick B.-M.	Vania G. R.
Elissa D.	Nikcolas.S.	Veronique P.

We will be closed on December 17th for staff day, and from December 25th through January 2nd for the holidays, reopening January 3rd. Groups will not be running during this time.

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@pso-ottawa.ca for info.

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.

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.

Pictionary

Monday, December 6th & 10th, 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.

Online Family Peer Support

Mondays, 6:30pm to 8:00pm on Zoom, in person December 6th.

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.

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 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.	Dejan S.
Shawn T.	Bianca O.	Manjit S.
Angus W.	Hayley P.	Jamie B.
Peter M.	Jamie S.	

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@ps0-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@ps0-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@ps0-ottawa.ca, ext. 213

Britannia Walking Group

Mondays from 1:00pm-2:30pm (2:00pm Starting in January)

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@ps0-ottawa.ca , ext. 216

Young Adult Peer Support/the Guild

Currently on Hiatus

YAPS and The Guild are on hiatus for December. 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

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@ps0-ottawa.ca, ext. 125

Trivia and Games Night

Trivia: Friday December 3rd

7:00pm to 8:30pm on Zoom

Games: Friday December 10th 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

Family Support Newsletter

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

Keep In Touch

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

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

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

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.

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

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/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

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/>

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/>

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

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.

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>

A Word from Sonja

Hi Everyone,

Well here we are on the cusp of winter with drizzly grey rain and the odd snowflake doodling its way to the ground. Maybe it's the almost 2 years of pandemic, or just the lack of sunshine to my solar cells (I am solar powered after all) but I feel bone tired right now. And, in the spirit of self-care and compassion I mentioned last month, I will be taking some time off in December to restore my energy.

Groundhogs, bears and skunks go into hibernation, only waking up to eat and have a drink. This is my month to be a skunk. Some winters I have it in me to be a chickadee hopping around in the snow and singing, but this year I will listen to my body and take it easier.

We live in a culture where doing things and keeping busy is valued, which can make some of us feel guilty or lazy for doing the self-care we need to be happy, functioning people. It is important to realize that each and every one of us is worthy and valuable no matter what we do or don't do, and investing in our own wellness is smart work, even when it looks a lot like napping.

It's not as though you won't see me at all, though. You might see me pop in the lounge when I come in to do finances and I will be one of the hosts of the online Holiday Party on the 24th. I look forward to seeing you then but no promises that I won't still be in my pajamas when I come on line.

Cheers,

Sonja



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: December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 28	29 • Family Peer Support	30 • Hearing Voices/Parallel Realities • Community Transitions	1 • Online/phone peer support group • Rainbow Peers • Recovery ²	2	3 • Online/phone peer support group	4
5	6 • Family Peer Support <i>[In person group]</i>	7 • Hearing Voices/Parallel Realities • Community Transitions	8 • Online/phone peer support group • Rainbow Peers • Recovery ²	9	10 • Online/phone peer support group	11
12	13 • Family Peer Support	14 • Hearing Voices/Parallel Realities • Community Transitions	15 • Online/phone peer support group • Rainbow Peers • Recovery ²	16	17 CLOSED FOR STAFF DAY	18
19	20 • Family Peer Support	21 • Hearing Voices/Parallel Realities • Community Transitions	22 • Online/phone peer support group • Rainbow Peers • Recovery ²	23	24	25
26	27 CLOSED	28 FOR	29 THE	30 HOLIDAYS	31	January 1

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] • Holiday Party [Zoom 12:00-4:00pm on 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: December 2021

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

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] • Games and Trivia [Fridays 7:00-8:30pm Zoom] | <ul style="list-style-type: none"> • Holiday Party [Zoom 12:00-4:00pm on 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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