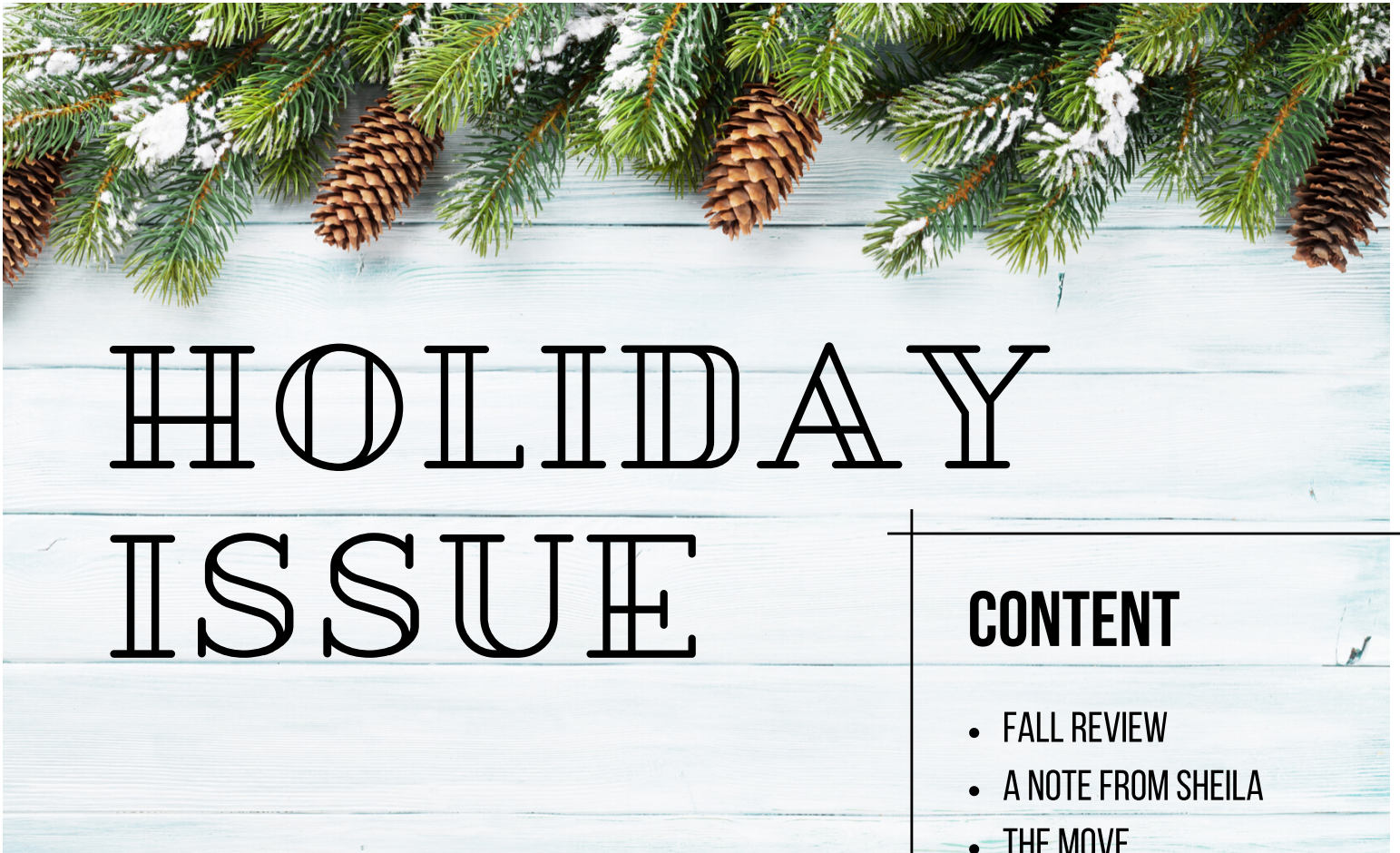


MOOD DISORDERS OTTAWA

Mood For Thought



HOLIDAY ISSUE

CONTENT

- FALL REVIEW
- A NOTE FROM SHEILA
- THE MOVE
- BELL LET'S TALK GRANT
- BIRTHDAYS
- HOLIDAY EVENTS
- MEMBER SUBMISSIONS
- WINTER PROGRAMS
- DISCOVERY EVENTS
- CALENDAR

FALL REVIEW

We had a busy September and October here at MDO. Our fall programming kicked off and we held

various events. A huge shout out and thanks to all of our participants and facilitators, we wouldn't be able to offer these programs and events without you!

We hosted two speaker nights, a special thanks

MOOD DISORDERS OTTAWA

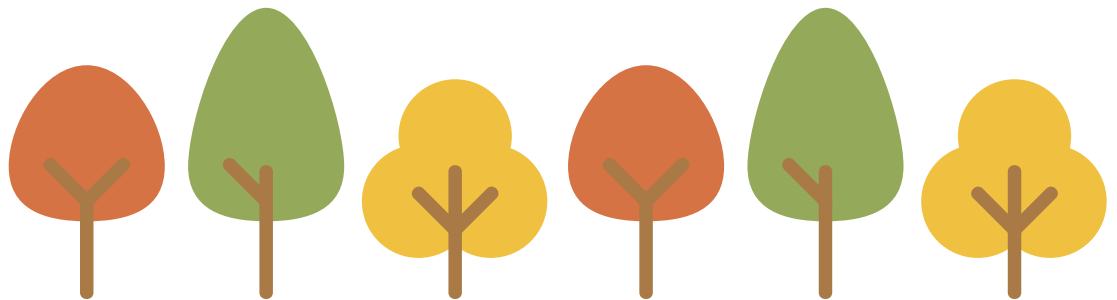
Mood For Thought

FALL REVIEW CONTINUED

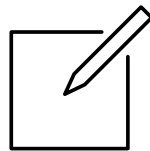
to Raphaelle Laframboise-Carignan from Raven Law for speaking about various disability benefits. We would also like to thank Sharon for providing us with an informative session in October about our Tell Your Story program and to Sharon and her Tell Your Story speakers Chloe and Emma.

We also held a few discovery events. A fabulous Show Night featuring Empire Records with a side of trivia, thanks for hosting Kim!

We had a fabulous post Thanksgiving dinner at Tuckers Marketplace on October 23rd. There were approximately 35 people in attendance, full bellies for all! Thanks to everyone who came out. For those of you who couldn't make it, we will be hosting another one in the Spring, stay tuned! Thanks to everyone who helped facilitate this event.



A NOTE FROM SHEILA



As the new chair of Mood Disorders Ottawa, I have been learning a lot of new things and along the way I have made plenty of mistakes, I need your help. I would appreciate if you could take a few moments to let me know how I and the new board are doing. Your suggestions are always welcome and I will get back to you as quickly as I can. I would like to take this opportunity to thank Justine, Sharon, Alex, Carrie, Chris, Eric, Peggy, Catina and Cameron for your assistance and moral support over the last few months. I am sad to tell you that Cameron, Lorraine and Peggy have resigned from the MDO Board of Directors. If you think you may be interested in joining the board, let me know and I will do my best to answer any questions you may have.

Sheila

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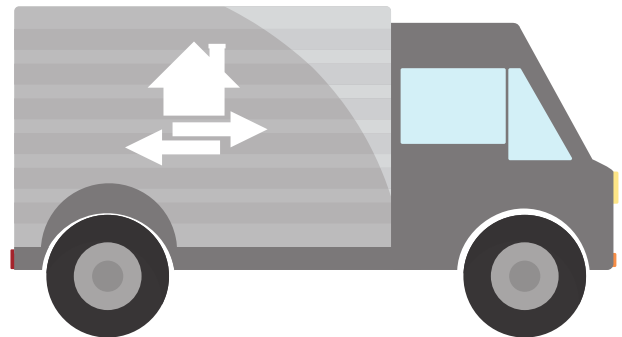
BELL LET'S TALK GRANT



We are happy to share the great news of being approved for the Bell Let's Talk Grant. This grant will help us run more WRAP and Pathways programs in our community. We would appreciate if you could spread the news to help us fill up more WRAP and Pathways sessions. We plan to run sessions in January, April and perhaps even over the summer months. Stay tuned for more details.

THE MOVE UPDATE

Unfortunately this move and transition has not and will not be as smooth as we were originally anticipating, though we are hoping to be in our new location at McArthur Avenue by the end of November. Until then, we hope you will continue to be patient with us. Please check out the temporary times and locations for our peer support group and various programs and meetings.



You will find all temporary changes to program times, dates and locations listed on the following pages of the newsletter.

If there is any confusion or you have further questions, please contact your program facilitator.

Our new address will be 311 McArthur Ave, Vanier. Stay tuned for more updates.

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IMPORTANT NOTICE



TEMPORARY DATES TIMES AND LOCATIONS

WRAP

LOCATION
OTHER WORLD TREASURES
29 MARIER AVE. VANIER

TIME
7:15PM-9:15PM

DATES
MONDAY OCTOBER 28
MONDAY NOVEMBER 4
MONDAY NOVEMBER 11
MONDAY NOVEMBER 18
MONDAY NOVEMBER 25

TEMPORARY DATES, TIMES AND LOCATIONS

TELL YOUR STORY

LOCATION
SUNNYSIDE PUBLIC LIBRARY
MEETING ROOM

TIME
7PM-8:15PM

DATES
NOVEMBER 4TH
NOVEMBER 18TH

FURTHER DATES TO BE DETERMINED

TEMPORARY DATES, TIMES AND LOCATIONS

PATHWAYS

LOCATION
BRONSON CENTRE
211 BRONSON AVE

TIME
7:15PM-9:15PM

DATES
THURSDAY OCTOBER 24 ROOM 211
THURSDAY OCTOBER 31 ROOM 213
THURSDAY NOVEMBER 7 ROOM 211
THURSDAY NOVEMBER 14 ROOM 211

TEMPORARY DATES, TIMES AND LOCATIONS

JOT A LOT

LOCATION
VANIER COMMUNITY CENTRE

TIME
7:15PM-9PM

DATES
THURSDAY OCTOBER 31 WORKSHOP #2
THURSDAY NOVEMBER 7 WORKSHOP #1
THURSDAY NOVEMBER 14 WORKSHOP #2
THURSDAY NOVEMBER 21 WORKSHOP #2
THURSDAY NOVEMBER 28 WORKSHOP #2

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PEER SUPPORT GROUP

A safe, supportive place to be surrounded by others with a mood disorder. Sometimes just being in a room with people who "get it" is comforting in itself. Everyone gets the opportunity to share, but it's not mandatory. Come check it out- you won't regret it!

We meet up 3 times a month, the second and fourth Tuesday of the month and the Wednesday of the week in between. No fees or referrals required!

Please adhere to the included schedule for temporary dates, times and locations. Things will be back to usual in December when the move has been finalized.

Thank you for your patience and understanding.

TEMPORARY LOCATION CHANGE

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Mood Disorders Ottawa

PEER SUPPORT GROUP

Tuesday October 22nd
Tuesday November 12th
Wednesday November 20th
Tuesday November 26th

SUNNYSIDE LIBRARY 1049 BANK ST
7-8:30PM

EMERGENCY NUMBERS

OTTAWA DISTRESS CENTRE
613-238-3311

24 HR MENTAL HEALTH CRISIS LINE
613-722-6914
1-866-996-0991

CHILD, YOUTH & FAMILY CRISIS LINE FOR EASTERN ONTARIO
613-260-2360

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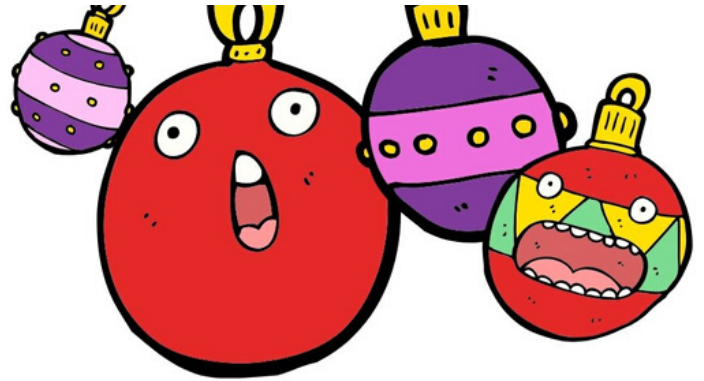
MOVIE NIGHT



As a member, you can purchase a \$15 Cineplex gift card for just \$3 every second month. First come, first served; limited to 30 cards per month. Visit Catherine and Gerry at the World Exchange Plaza to grab yours!

NOV 5TH & DEC 3RD
6-6:45PM

WORLD EXCHANGE PLAZA
2ND FLOOR
45 O'CONNOR ST



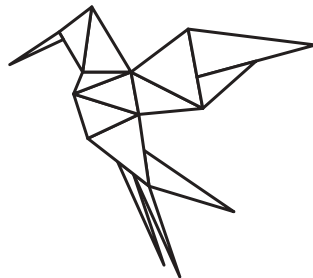
MERRY & BRIGHT CRAFT NIGHT

Tuesday November 5th
6:30PM-8PM
Southminster Church
Alymer Ave



Join us for an evening of crafts at Southminster Church on Tuesday November 5th from 6:30PM-8PM.

MEMBER SUBMISSIONS



Please send us artwork, stories and poems to include in our newsletter. You can remain anonymous or we can include your name with your entry. Send your entries and preferences to mdogrp@gmail.com

Thank you to Suzanne for submitting the artwork to the right. She describes it as "a rendition of what depression means to me. This is a computer produced montage done with layers of whimsical designs and a copyright approved photo."- Suzanne

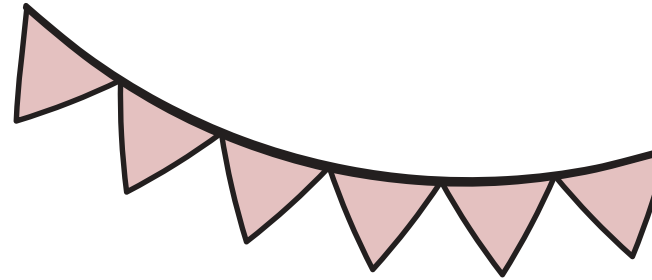


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Birthdays



Would you like to see your birthday on our calendar? Submit your birthday to mdogrp@gmail.com and we will be sure to include you in our newsletter!! Happy birthday all our members celebrating in November and December.

CALL FOR VOLUNTEERS

Mood Disorders Ottawa is a peer-run volunteer organization for adults living with a mood disorder. We work at creating opportunities to receive support from and connections with people who understand.

We are currently looking to fill the following volunteer positions:

- GRAPHIC DESIGNER (website revamp, newsletter, brochures, business cards, etc)
- BOARD MEMBERS (You are invited to attend a board meeting as an observer, please email mdogrp@gmail.com ahead of time)
- MEMBERSHIP COORDINATOR
- FUNDRAISING
- DISCOVERY EVENT ORGANIZERS
- OUTREACH AND MARKETING
- POLICIES AND PROCEDURES AND STRATEGIC PLAN WRITING AND EDITING



MOOD DISORDERS OTTAWA

Mood For Thought

MOOD DISORDERS OTTAWA

presents

SPEAKER NIGHT

featuring

SARAH TELFORD
& JENN ROBBINS

EMOTIONAL INTELLIGENCE

"the ability to monitor one's own and other's emotions, to discriminate between different emotions and label them appropriately and to use emotional information to guide thinking and behavior"

by Peter Salovey and John Mayer.

SARAH TELFORD

received her Masters in Social Work from Carleton University in 2008 where she focused on working with individuals, families and groups, particularly with issues related to mental health and addiction. She has since worked at the Royal in various programs including substance abuse and concurrent disorders, schizophrenia, youth and the recovery program. She is currently working in the outpatient department of The Royal's Forensic Psychiatry Program.

JENN ROBBINS

graduated from the University of Toronto with her Masters of Social Work in 2013 with specialization in health and mental health. She has worked in a variety of areas such as Family Education Groups.

OPEN
TO THE
PUBLIC

TUESDAY NOVEMBER 19TH
7PM
SOUTHMINSTER CHURCH
15 ALYMER AVE

SNACKS AND REFRESHMENTS PROVIDED



MOOD DISORDERS OTTAWA

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DISCOVERY EVENTS

Subsidized social events for Mood Disorders Ottawa members.

Discovery events are a great way to meet other people and avoid isolation. We like to do fun things such as bowling, skating, painting, Cineplex movie passes, game nights, show nights, Tuckers Marketplace buffet, etc. These events are made possible through a very generous grant from CMHA. If you have new ideas for events please let us know!

mdo
Mood Disorders Ottawa

**LET'S
BOWL**

**\$5
FEE**

**SIGN
UP
NOW**

**WED. NOV. 27
6:30-9PM
WEST PARK
BOWLING ALLEY
1205 WELLINGTON**

MOOD DISORDERS OTTAWA

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PLEASE JOIN US FOR

Christmas Dinner

Catering provided by Krackers Katering

Tuesday December 17th
6PM-8PM
Southminster Church
15 Aylmer Ave

PLEASE RSVP TO MDOGRP@GMAIL.COM

VOLUNTEERS NEEDED FOR SET UP AND TAKE DOWN, SERVING AND REGISTRATION. PLEASE CONTACT US ASAP WITH YOUR AVAILABILITY.

MOOD DISORDERS OTTAWA

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November 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 WRAP TYS	5 MOVIE CRAFT	6 BOARD MTG	7 PATHWAYS JOT A LOT	8	9
10	11 WRAP TYS	12 PEER SUPPORT	13	14 PATHWAYS JOT A LOT	15	16
17	18 WRAP TYS	19 SPEAKER NIGHT	20 PEER SUPPORT	21 PATHWAYS JOT A LOT	22	23
24	25	26 PEER SUPPORT	27 BOWLING	28 PATHWAYS JOT A LOT	29	30

Notes
04- WRAP 7:15PM 04- TELL YOUR STORY 7PM 05- MOVIE PASS NIGHT 6PM 05- CHRISTMAS CRAFTS 6:30PM 06- BOARD MEETING 7PM 07- PATHWAYS 7:15PM 07- JOT A LOT 7:15PM 11- WRAP 7:15PM 11- TELL YOUR STORY 7PM 12- PEER SUPPORT 7:15PM 14- PATHWAYS 7:15PM 14- JOT A LOT 7:15PM 18- WRAP 7:15PM 18- PATHWAYS 7:15PM 19-SPEAKER NIGHT 7:00PM 20-PEER SUPPORT 7:15PM -21 PATHWAYS 7:15PM 21- JOT A LOT 7:15PM 26- PEER SUPPORT 7:15PM 27- BOWLING 6:30PM 28- PATHWAYS 7:15PM 28- JOT A LOT 7:15PM

December 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 MOVIE NIGHT 6PM	4 BOARD MTG	5 PATHWAYS JOT A LOT	6	7
8	9	10 PEER SUPPORT 7:15PM	11	12 PATHWAYS JOT A LOT	13	14
15	16	17 CHRISTMAS DINNER	18 PEER SUPPORT 7:15PM	19	20	21
22	23	24 PEER SUPPORT 7:15PM	25 CHRISTMAS	26 BOXING DAY	27	28
29	30	31 NEW YEARS EVE				

Notes
03- MOVIE PASS NIGHT 6PM 04- BOARD MEETING 7PM 05- PATHWAYS 7:15PM 05- JOT A LOT 7:15PM 10- PEER SUPPORT 7:15PM 12- PATHWAYS 7:15PM 12- JOT A LOT 7:15PM 17- CHRISTMAS DINNER 6PM 18- PEER SUPPORT 7:15PM 24- PEER SUPPORT 7:15PM 25- CHRISTMAS DAY 26- BOXING DAY

MOOD DISORDERS OTTAWA

Mood For Thought

A glimpse into the new year



what's coming in 2020

Mood Disorders Ottawa would like to wish you all a very Happy New Year! We are excited to see what 2020 brings us and our members. We plan to start programming in January. We will be running WRAP. Pathways, HeArt and a new program called The Writers Collective. There is always a possibility of changes but that is what we have lined up thus far. We hope to have a Paint with Janet event and Speaker nights will continue monthly. Once we are nice and settled in our new home, we would also like to host an open house for our members and friends in the community. We hope to see you there!

Looking even further into the Spring of 2020 we are also aiming to run another session of both WRAP and Pathways and Tell your Story too! We will also be starting a brand new program called Scribble into Spring; a nature focused program including check-ins using nature imagery and a tree meditation to open each session. Participants will create a landscape, trees, birds and nests using mixed media. Stay tuned for more information regarding Spring programs and events.

