



Enhancing the quality of life of people with mood disorders and their loved ones since 1986.



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What is MDO?

The story of MDO started in 1986 with four strangers in search of an opportunity to share similar experiences with mental health and offer support to each other. Since then, MDO has developed into an organization with an extensive membership for people with mood disorders which is run entirely by peer volunteers. Together, those involved with MDO still strive to offer needed support along mental health recovery journeys and a beacon of hope for individuals living with mental health challenges that they can and do live well.

MDO recognizes the importance of peer support as an integral part of recovery. Peers encourage each other and provide a sense of belonging, trusting relationships, valued roles, mentoring and community. Peers benefit from learning and sharing recovery-oriented practices including relapse prevention, self-help, lifestyle habits, experiential knowledge or skills, social learning & mutual empowerment.

What are Mood Disorders?

Moods are our emotions and they affect us every day. Sometimes we are sad and other times happy. Some days we experience a wide range of emotions. When an individual experiences getting “stuck” on certain emotions this can drastically affect their life and possibly be caused by a “mood disorder” such as depression, anxiety or bipolar disorder for example.

What does MDO offer?

MDO provides an environment for individuals to share experiences, challenges, opportunities and information through different programs. These programs include peer support groups, Pathways to Recovery, WRAP, art-based programs, creative writing programs, physical movement programs and much, much more.

Recovery and peer support programs are provided for adults, 18 yrs of age or older. Register for free on our website to attend.

Peer Support Groups

These groups are facilitated by trained peer facilitators who create a friendly, confidential and safe environment where people can discuss mood disorder related topics and personal issues.

Discovery 2000 – Subsidized Recreational Program

This year round program provides a variety of very low cost recreational events which include movies, museums, restaurants, sporting events, games nights, etc. All are welcome to participate however only members of MDO are subsidized.

WRAP®

Lead by program specific trained facilitators and based on the WRAP Workbook©, this 10 week program is intended to help individuals identify and learn to apply their wellness tools in order to better manage mental health.

Pathways to Recovery©

Lead by program specific trained facilitators and based on the Pathways to Recovery Workbook©, this 12 week program focuses on how you can use your many strengths to set goals amongst 10 life domains and create a plan to achieve them.

Speaker Nights

Held once per month. Includes a speaker presentation and Q&A session on various educational and informative topics.

Newsletter

Announces upcoming activities, programs, special events or future workshops. Contains submissions developed in programs, written material by members and fun facts or helpful hints. "Mood For Thought" will keep you informed on everything you need to know about MDO. Feel free to send in submissions by email or regular mail.

Lending Library

MDO has collected many fiction, non-fiction and reference books on various subjects across multiple genres that can be borrowed through an honour system.

Annual Membership Fees

MDO has several very low cost individual and family membership plans. For more information, please consult our website, send us and email or call our information phone line.

Advantages of membership

Exclusive right to participate in multiple free draws, discounts on some activities, email updates on events, free newsletter, a feeling of belonging and knowing that you are contributing to our community.

Donations

MDO relies heavily on donations to provide our programs and services since we are entirely a peer-run volunteer organization. Tax receipts will be issued on donations of \$20 or more. Thank you in advance for your generous contributions.

Volunteering

MDO always needs and welcomes volunteers for a wide range of activities. Volunteering can be an important part of recovery for you and others as well. There are multiple benefits to being a volunteer and we can't wait to share them with you. Send us an email or leave a message on the phone line if you are interested.

What does MDO not offer?

MDO does not provide counseling, crisis or referral services.

If in need of immediate services, please call:

Mental Health Crisis Line
613-722-6914 or 1-866-996-0991

Ottawa Distress Centre
613-238-3311

For general information on mental health services contact the CMHA at 613-737-7791 or www.ottawa.cmha.ca

MDO gratefully acknowledges the support of its sponsors:
Ottawa Community Foundation,
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TD Park People Grants 



Address: 301-311 McArthur Ave
Vanier, ON, K1L 8M3

MDO Info Line: 613-526-5406
Fax: 613-737-7644 Attention – MDO
Email: info@mooddisordersottawa.ca
Website: www.mooddisordersottawa.ca
Facebook: MoodDisordersOttawa
Instagram: Mood Disorders Ottawa

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