



Mood Disorders Ottawa

# Mood for Thought

## September/October 2017

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

Mood Disorders Ottawa Mutual Support Group (MDO) is a peer run volunteer organization. We, members of MDO and individuals living with a mood disorder, our families and friends, engage in mutual support to improve the quality of our lives and to work at creating opportunities to reconnect with self and others. Together, we aim to offer a beacon of hope that people living with mental health challenges can and do live well. To these ends, MDO provides resources, support groups, social and recreational activities for our members and their families and friends. These include:

- Confidential support groups
- Subsidized recreational & social activities
- Recovery Programs (WRAP & Pathways to Recovery)
- Monthly speaker night
- Newsletter
- Lending Library



By now you have noticed the sun gets up later and goes to bed earlier.

Back to school sales are just about over. Yes, the lazy hazy days of summer are drawing to a close. It also means your Board of Directors gets down to business charting the course for MDO in the next year. We have many ideas that we will discuss in the upcoming months.

With bowling and Tuckers coming as Discovery events and a couple of fascinating speakers on Speakers night, it should be a great year.

Did you know?

MDO is a charitable organization that issues CRA tax receipts for any donations over \$10.

## Emergency Numbers

24-Hour Mental Health Crisis Line:

613-722-6914

Outside Ottawa, call toll free:

1-866-966-0991

Ottawa Distress Centre

613-238-3311

Child, Youth & Family Crisis Line

For Eastern Ontario:

613-260-2360

## MDO PEER SUPPORT GROUP



A safe, supportive place to be, surrounded by adults with a mood disorder who “get it”  
MDO Peer Support Group meets the 2nd & 4th Tuesday of each month plus the Wednesday of the in-between week.

7:15—9:15 PM

CMHA 1355 Bank St., 4th floor, Ottawa 613-526-5406



## *MDO Speaker Night Series*

Monthly Speaker Nights are held on the third Tuesday of every month (Sept. to May excluding January and February)

Location: Southminster Church,  
15 Aylmer Ave. (3rd Floor)  
Ottawa,  
7:30PM to 9:00PM.

*Open to the Public*

## ***SPEAKER NIGHT***



*Monthly Speaker Nights are held on the 3rd Tuesday of each month from September to May on the 3rd floor of the Southminster church, 15 Aylmer Ave, Ottawa. There are no Speaker Nights in January and February. MDO speaker nights are made possible by a grant from the Ottawa Community Foundations.*

Speaker night is a monthly presentation with guest speakers from the MDO community and the public. Speaker nights are open to the public, MDO speaker night presentations are for information purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. The views expressed are those of the speaker and do not necessarily represent those of MDO.

### **September 19th: Topic to be decided**



**Eric Letts** is an Ottawa Family Lawyer, licensed to practice family law in the province of Ontario. He graduated from the University of Winnipeg in 1992 with a B.A. in Conflict Resolution Studies. Following graduate studies in legal intervention to family violence at Harvard University, he attended law school at the University of Alberta. During law school he was active in Student Legal Services. He earned his law degree in 1996. He is a former editor of the Alberta Law Review. He completed part of his articles with the Law Commission of Canada and the Office of the Commissioner for Review Tribunals.

Eric Letts is also a member of the Law Society of Upper Canada, the Canadian Bar Association, the Ontario Bar Association and the Carleton County Law Association. He is an Associate Member of the Ontario Association of Family Mediators.

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### October 17th: Members Sharing their Stories

**Anita Manley** is an enthusiastic promoter of mental health. At The Royal, she volunteers as a peer supporter for the Women's Mental Health Program: as a Facilitator of both WRAP and a writing group for women; is the former vice-chair of the Client Advisory Council; former Editor of The Client's Voice Newsletter and she speaks as a representative of The Royal's Foundation at various functions. Anita is also currently a member of the Resource Development Advisory Group for Health Quality Ontario. Previously, she was a Board Member of The Canadian Mental Health Association - Ottawa Branch. Anita's special accomplishments include being a recipient of the 2015 Inspiration Award and a proud mom of two grown daughters.

**Pat G** has been a member of MDO (formerly DMD) for many years. She believes strongly in the importance of peer support. Despite twists and turns and ups and downs, she has managed to complete her BA, MA and MSW degrees, although with some delays to complete them. She feels that "her lived experience" with a mood disorder has helped her to meet the diverse needs of the students she encountered. She taught at the post-secondary level for twenty years. She stresses the importance of building on strengths. She advocates that everyone has the right to their dreams and aspirations. She incorporates in her non-judgemental approach that not everyone's path is linear. She feels that "Writing her Story" was a wonderful tool in her recovery. As a life long learner, she enjoys writing, mentoring and consulting. She continues to take courses at Carleton, swims and sings.

**Elise L** is an art therapist currently working in private practice where she encourages people to use narrative and creative approaches to enhance their mental health. Her previous experience includes 10 years as a public educator, group facilitator, and counsellor in the field of community mental health, and 10 years as a market/social research consultant with small creative marketing firms. She is a graduate of the Vancouver Art Therapy Institute with a MC:AT (Counselling & Art Therapy). She also holds a B.A (Psychology), and a M.Sc. (Psychology) in human factors. She has spent 4 years supporting people to prepare their lived experience stories and share their insights with others. She has witnessed how, through the sharing of their personal accounts, people can break down the stigma that surrounds mental illness, provide compelling and inspiring perspectives that challenge the status quo, and encourage others to reach out for help. She has developed a keen appreciation for the notion that what is deeply personal is also profoundly universal. Elise is thrilled to be joining the MDO team as a workshop facilitator to help you develop and share your personal story with mental illness.

## **DISCOVERY 2000 Events**

*This year round program provides several very low cost social events each month for members with mood disorders. All are welcome to participate, however, only members with paid up memberships are subsidized. If you have signed up for an event and at some point you know you will not be attending, please let us know so we can contact people on the waiting list, to let them know a spot is now available. Thank you!!*

*For more information or to sign up please contact us at 613-526-5406 or at [mdogrp@gmail.com](mailto:mdogrp@gmail.com)*

### **Movie Night Sept 5th and Oct 3rd 6:00-6:45**

#### **World Exchange Plaza 2nd Floor**

Buy a \$15.00 Cineplex movie card for only \$3.00. Entitlement every 2nd month only. Ask one of the MDO volunteers present for details.

#### **Bowling**

Location: 175 McArthur, Vanier, ON. K1L 6P8. OC Transpo Bus #14

Date and time: Sept 13th 7pm-9pm

Sign in between 7pm-7:15pm. Meet in the lounge/restaurant

Cost covers 2 rounds of bowling and shoe rental.

Max 20 members. Fee: \$3.00



Join us for an evening at Tuckers Marketplace

Location: 61 York St

Date and time: Oct 11th 5pm-7pm

Sign in between 5-5:30pm

Max 40 members-Fee \$5.00

Register by email at [mdogrp@gmail.com](mailto:mdogrp@gmail.com) or by phone at 613-526-5406 (Please leave your full name and phone number)

**No sign up for the Bowling and Tuckers events until Sept 1st.**



## REAP - Recovery through Expressive Arts Program

MDO's Recovery through Expressive Arts Program (REAP) is a 10-week workshop which aims to provide a safe place where participants can explore their creativity and learn more about themselves and others. Participants will be introduced to a variety of visual art mediums, such as drawing, pastels & collage as well as writing techniques such as free association, poetry and prose.

This program is free of charge, includes all materials and is open to the community.



CREATIVE  
*Writing*  
& Visual  
**Arts**

Monday evenings  
6:30 - 9:00 p.m.  
Sept. 11th - Nov. 20th  
4<sup>th</sup> floor,  
1355 Bank Street  
(CMHA building)

Many people have found creative expression helpful to their unique recovery process. You might too!

Workshop starts on Monday, September 11 and goes until Monday November 20th.  
Place: 1355 Bank St. 4<sup>th</sup> Floor (CMHA building) Time: 6:30-9:00 pm

For more information or to register contact MDO at 613-526-5406 or email [mdogrp@gmail.com](mailto:mdogrp@gmail.com). Max 12 participants.

REAP (Recovery through Expressive Arts Program) is made possible through a grant from the Ottawa Community Foundation



## WRAP® stands for Wellness Recovery Action Plan™.

WRAP is an evidence-based program that has helped thousands of people with mental health issues to get more quality of life. It was developed in 1997 by Dr. Mary Ellen Copeland and a group of people who were experiencing psychiatric difficulties and working hard to get their lives back. Since then, the WRAP program has spread around the world. It was introduced to Ottawa in 2008 and is available through peer mental health agencies.

WRAP is a structured system that people can use to create their own wellness plans. It is designed to:



Increase personal empowerment

Decrease and prevent intrusive or troubling feelings and behaviours

Improve quality of life

Assist people in achieving their own life goals

Mood Disorders Ottawa (MDO) will be offering this 10 week free workshop starting Thursday September 28th, 2017.

For more information on WRAP, contact MDO at 613-526-5406 or email at [mdogrp@gmail.com](mailto:mdogrp@gmail.com)

MDO workshop are held in the evenings between 7:10PM and 9:10PM at Canadian Mental Health Association, 4<sup>th</sup> floor, 1355 Bank Street, Ottawa.



[www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca)

WRAP is for adults with mental health issues. It is funded in part by the Champlain LHIN

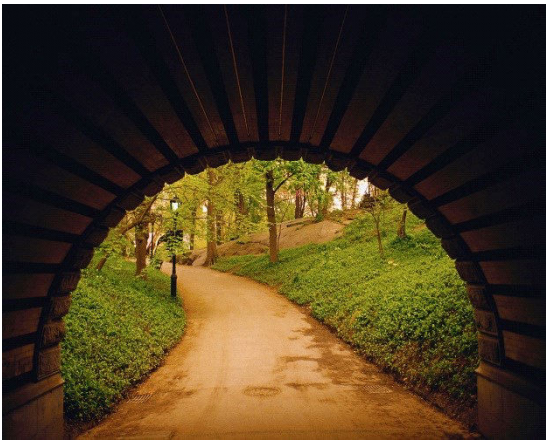
MDO 2017/2018 WRAP program is funded in part by a grant from the Ottawa Community Foundation.



## Pathways to Recovery

**Pathways to Recovery** is a free 12-week workshop for people with mental health issues, who want to get more out of life. Pathways groups offer a supportive culture and a self-directed way of transforming lived experiences to achieve recovery. Working together, we explore our strengths, talents and resources, our life goals and our dreams...and plans to get us there.

Using the Pathways workbook as a tool, we move forward in our own journeys of healing, supporting each other along the way. Our goals may include developing meaningful relationships with others, finding work or volunteer activities that bring satisfaction, creating



a home, increasing knowledge and education, or attaining higher levels of wellness and spirituality. By engaging in this group experience, we begin to plan how to live a full life, despite the challenges of psychiatric disability of issues.

Mood Disorders Ottawa (MDO) will be offering this workshop starting January 2018.

For more information on Pathways to Recovery or to register, contact MDO at 613-526-5406 or email at [mdogrp@gmail.com](mailto:mdogrp@gmail.com)

MDO workshops are held in the evenings between 7:10PM and 9:10PM at Canadian Mental Health Association, 4<sup>th</sup> Floor 1355 Bank Street, Ottawa.



[www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca)

Pathways to Recovery is funded in part by the United Way

MDO 2017/2018 Pathways to Recovery is funded in part by a grant from the Ottawa Community Foundation.





# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 <i>Movie night</i>	6	7	8	9
10	11	12 <i>Peer support group</i>	13	14	15	16
17	18	19 <i>Speaker night</i>	20 <i>Peer support group</i>	21	22	23
24	25	26 <i>Peer support group</i>	27	28 <i>WRAP</i>	29	30

# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Movie night</i>	4	5 <i>WRAP</i>	6	7
8	9	10 <i>Peer support group</i>	11 <i>Dinner at Tuckers</i>	12 <i>WRAP</i>	13	14
15	16	17 <i>Speaker night</i>	18 <i>Peer support group</i>	19 <i>WRAP</i>	20	21
22	23	24 <i>Peer support group</i>	25	26 <i>WRAP</i>	27	28
29	30	31				