

# MOOD DISORDERS OTTAWA

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Mood For Thought

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## IT'S A NEW YEAR

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We would like to wish everyone a Happy New Year from all of us here at MDO! We would also like to thank everyone for a great year in 2019. As a volunteer, peer-run organization, we truly depend on everyone to make Mood Disorders Ottawa what it is. So THANK YOU! We look forward to an even better year in 2020! We have a lot of our original programming in store, as well as some new workshops too! We hope to get super social and rock some discovery events out of the park, let us know if you have any ideas! We are always open to suggestions :)

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## IT'S A NEW YEAR CONTINUED

We have recently recruited some amazing new volunteers, but we always need more! Please reach out if you or someone you know may be interested!

We hope you join us in making 2020 one of Mood Disorders Ottawa's best years yet!

## WE'VE MOVED!

It's official, we have finally moved! Thank you for your patience and understanding throughout the process. Please come celebrate with us, details to the left. It's going to be a really special night, you won't want to miss it!

### HOLIDAY PARTY RECAP



**What an amazing MDO Christmas Dinner!!**

**THANK YOU to everyone who made this event possible! We could not have done it without our trusty volunteers, our board of directors, Krackers Katering and of course, our members!**



**Let us know what your favourite part was!**

**mdo**  
Mood Disorders Ottawa

• OPEN HOUSE •

# YOU'RE INVITED!

COME CHECK OUT OUR NEW SPACE

January 16 2020 6PM-8PM  
CMHA 311 McArthur Ave, Ottawa, On

Snacks and Refreshments Provided  
A Special Bell Let's Talk Presentation  
Door Prizes and Raffle Draw  
A "Tell Your Story" Participant Presentation

Canadian Mental Health Association  
Association canadienne pour la santé mentale

Bell Let's Talk

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## Mood Disorders Ottawa Winter 2020 Programs

### WRAP

Beginning Monday January 20th 7PM  
10 Week Program

### PATHWAYS TO RECOVERY

Beginning Thursday January 23rd 7PM  
12 Week Program

### HEART

Beginning Thursday January 23rd 6:30PM

### THE WRITERS COLLECTIVE

Beginning Monday February 3rd 7PM

### WRAP IT UP

The last Wednesday of every month 7PM

FOR MORE INFORMATION AND/OR TO REGISTER, PLEASE  
REFER TO OUR WEBSITE  
[WWW.MOODDISORDERSOTTAWA.CA](http://WWW.MOODDISORDERSOTTAWA.CA)



## LOCATION, LOCATION, LOCATION

We are currently exploring different location options throughout the city for additional WRAP and Pathways Programs. If there are areas or specific locations convenient for you, please let us know by email or Facebook messenger.

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## DISCOVERY EVENTS

*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!*



**PAINT WITH JANET**

**TUESDAY FEBRUARY 18TH 7PM  
SOUTHMINSTER CHURCH  
15 AYLMEER**

**SIGN UP NOW!!**

**JAN 21ST**

**TRIVIA  
NIGHT**

**@ SOUTHMINSTER  
CHURCH  
7PM**

**SNACKS &  
PRIZES!**

**BRING A  
FRIEND**

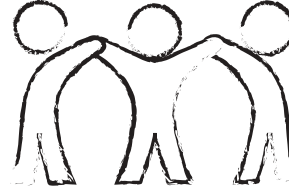
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## PEER SUPPORT GROUP



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 Calendar at the end of the newsletter for exact dates, Peer Support will be held at our new location at 311 McArthur moving forward.

Thank you for all of your patience over the past few months during the move.

## 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!

**JAN 7TH & FEB 4TH**

**6-6:45PM**

**WORLD EXCHANGE PLAZA**

**2ND FLOOR**

**45 O'CONNOR ST**

## EMERGENCY NUMBERS

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**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**

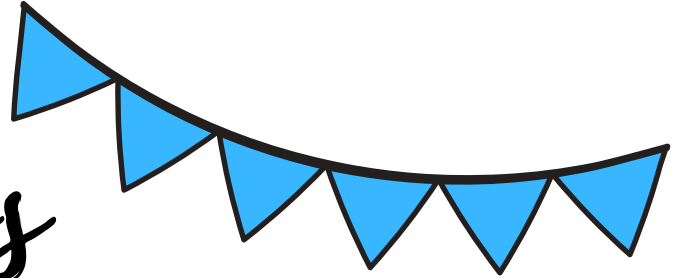


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## Birthdays



Would you like to see your birthday on our calendar? Submit your birthday to [mdogrp@gmail.com](mailto:mdogrp@gmail.com) and we will be sure to include you in our newsletter!! Happy birthday to all of our members with January and February Birthdays!

## 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](mailto:mdogrp@gmail.com)

## 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](mailto:mdogrp@gmail.com) ahead of time)
- MEMBERSHIP COORDINATOR
- FUNDRAISING
- DISCOVERY EVENT ORGANIZERS
- OUTREACH AND MARKETING
- POLICIES AND PROCEDURES AND STRATEGIC PLAN WRITING AND EDITING




WE  
NEED  
YOU!

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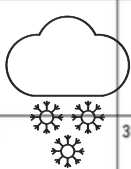


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## January 2020

Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			NEW YEARS DAY -->	1	2	3	4
06 - MOVIE NIGHT	<i>Happy New Year!</i>						
07- BOARD MEETING	5	6	7	8	9	10	11
14- PEER SUPPORT		MOVIE NIGHT	BOARD MTG				
16- OPEN HOUSE	12	13	14	15	16	17	18
20- WRAP START			PEER SUPPORT		OPEN HOUSE		
21- TRIVIA NIGHT							
22- PEER SUPPORT	19	20	21	22	23	24	25
23- PATHWAYS START		WRAP	TRIVIA NIGHT	PEER SUPPORT	PATHWAYS		
27- WRAP	26	27	28	29	30	31	
28- PEER SUPPORT		WRAP	PEER SUPPORT	WRAP IT UP	PATHWAYS		
29- WRAP IT UP							
30- PATHWAYS							

Free calendar provided and created by handycalendars.com

## February 2020

Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
03-WRAP							1
03-WRITERS COLLECTIVE							
04 MOVIE NIGHT	2	3	4	5	6	7	
05- BOARD MEETING		WRAP WRITERS COLLECTIVE	MOVIE NIGHT	BOARD MTG	PATHWAYS HEART		
06- PATHWAYS/ HEART							
10- WRAP/ WRITERS COLLECTIVE	9	10	11	12	13	14	
11- PEER SUPPORT		WRAP WRITERS COLLECTIVE	PEER SUPPORT		PATHWAYS HEART		
13-PATHWAYS/ HEART							
17 WRAP WRITERS COLLECTIVE	16	17	18	19	20	21	22
		WRAP WRITERS COLLECTIVE		PEER SUPPORT	PATHWAYS HEART		
19- PEER SUPPORT							
20-PATHWAYS/ HEART	23	24	25	26	27	28	29
		WRAP WRITERS COLLECTIVE	PEER SUPPORT	WRAP IT UP	PATHWAYS HEART		
24- WRAP WRITERS COLLECTIVE							
25-PEER SUPPORT							

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