



Mood Disorders Ottawa

Mood for Thought

November/December 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

As I sit down to put together this newsletter, it is hard to be thinking about winter and Christmas. It's previewed to be 22C tomorrow and the trees have only just started to turn.

Let's not get too comfortable, Accuweather is predicting 10-50% more snow across a good part of our province.

In November, we have a "New to Us" speaker Deborah Brooks and, of course, our December highlight - the Christmas Dinner prepared for you by the fine folks at Kracker's Katering.

All of us at MDO wish you a Merry Christmas Season, hope that 2017 was decent to you and 2018 is even better.

Editor



Did you know?

MDO is a charitable organization that issues CRA tax receipts for any donations over 20\$



Want to see yourself in print? MDO Mood for Thought welcomes submissions of poems, thoughts or articles.

Submit either by mail or email.

MDO
c/o Canadian Mental Health
Association
301-1355 Bank Street
Ottawa, ON
K1H 8K7
or email to mdogrp@gmail.com

Sorry, we can't guarantee when your piece will be printed. But we will endeavor to include in a timely manner, works based on relevance to mood disorders, happenings in our community as well as space constraints in the news letter.

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.

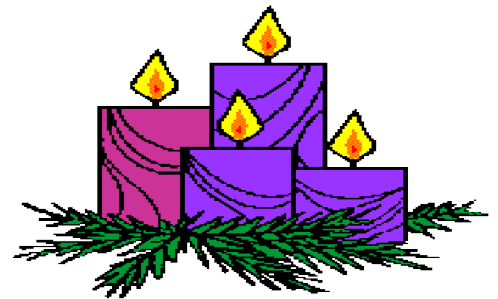
Open to the Public

DISCOVERY 2000 Events

This year round program provides several 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**. For more information or to sign up please contact us at 613-526-5406 or at mdogrp@gmail.com

NO SHOWS

Last month we had an outing at Tucker's as usual there was a waiting list. Sadly also there were people who didn't show and didn't call before the day. This is a disservice to fellow members who are on the wait-list .



Movie Night November 7th and December 5th

6:00 - 6:45 pm

World Exchange Plaza 2nd Floor

The \$15.00 movie cards cost \$3.00 each for paid up members. You can use them at any Cineplex theatre for admission/concession items. They do not expire. You can only get your movie card every second month, so that you ought to receive 6/year.

If you don't come a month, that card is 'gone'. You are not owed a card every 2nd month. However if you missed March, you can come April and thence every 2 months after, you would still get 6/yr likely.



Christmas Crafts

At the North Pole, Santa has many elves to help him make crafts. MDO, not so much, but we have a few.

Join us for a unique **Discovery Event** Craft night. Make a few Christmas ornaments for us and make one for yourself.

November 8th, 2017 7-9 at the Southminster Church
15 Aylmer Ave. (3rd Floor)

Refreshments and supplies are available. Sign up via email or info line.

Christmas Craft and Bake Sale

There will be two opportunities to purchase these crafts and help MDO.

- Speaker Night **November 21th, 2017 7:30pm - 9pm**
- **Royal Ottawa Hospital 2nd Floor December 14th 10am - 3pm**





Please join us for the **Christmas Dinner**
December 19, 2017
Southminster United Church, 15 Aylmer Ave Ottawa
6:00 to 8:00 pm

We always appreciate if you can bring some sweets and salads

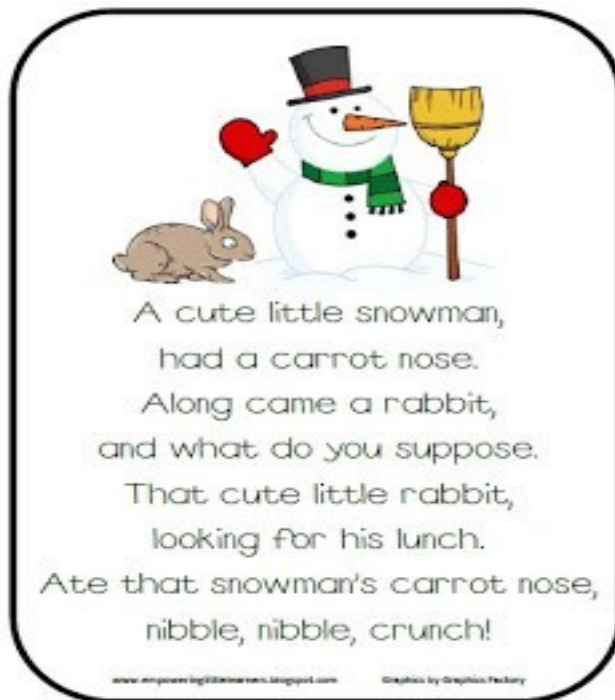
Peppermint Stick

I took a lick
Of a peppermint stick
And oh it tasted yummy!

It used to be
On the Christmas tree
But now it's in my
tummy!



GradeONEderU.com



Mood Disorders Ottawa Speaker Night



November 21th, 2017 7:30pm - 9pm

Deborah Brooks

TOPIC

“Getting through the dark season.”

Learning from our bodies, our history and others, can all contribute to get us through this difficult season of darkness and cold. We are not alone.

Deborah, (on the left in the photo) is a Registered Psychotherapist and Internationally certified concurrent disorder professional. Working at Serenity Renewal for Families and in Private Practice.

Specializing in women's issues, co-dependency, and addiction of all kinds. Passionate about healing in all its forms through self-compassion and individual empowerment through increasing knowledge and creating healthy community. These things can profoundly change ones life in positive and unexpected ways.

PS. Max, Deborah's therapy dog, is on the right

MDO SPEAKER NIGHTS ARE MADE POSSIBLE BY A GENEROUS GRANT FROM THE OTTAWA COMMUNITY FOUNDATION



Mood Disorders Ottawa c/o CMHA, 301-1355 Bank St., Ottawa, ON, K1H 8K7

Info Line: 613-526-5406 Email: mdogrp@gmail.com Web: www.mooddisordersotawa.ca



Tell My Story

The “Tell my Story” workshop consists of 3 modules offered on a rotating basis. Each module covers a specific topic and allows time for participants to share the stories they have prepared for the group. The flexibility of this workshop gives you the option to come for the topics that interest you without having to present. You also have the option to practice presenting and receive feedback as you develop your story.

All of this happens in a non-judgmental and encouraging atmosphere...with quite a few laughs along the way.

Module 1 – Sharing your story

This module covers the why, when, where, who, and how of sharing your story. We will explore your motivation and “readiness” for sharing your story, identify suitable audiences and discuss how to engage them, and learn presentation skills.

Module 2 – Developing your story.

This module covers the 3 components of your story; the opening, body and closing. We use structured and creative exercises to start putting your story down on paper.

Module 3 – Refining your story

In this module, we explore the content of our stories in finer detail and discuss how our language and our approach help us communicate our message. In this interactive module, we will ensure that our stories connect with the reason of the mind and the wisdom of the heart.

Each workshop will include 1 hour spent on one of the three modules followed by 1 hour of practice/presenting time. The workshops will be presented on the last Wednesday of every month starting in January 2018. In the meantime, **please join us on November 29th for an open workshop where I will answer questions about the “Tell my story” workshops** and invite previous participants to share their experience of developing and sharing their story.

January 31, 2018

Module 1 – Sharing your story

February 28, 2018

Module 2 – Developing your story.

March 28, 2018

Module 3 – Refining your story

Time: 7:15 to 9:15 pm

Place: 1355 Bank Street, 4th floor Facilitator: Elise Laviolette

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 issues.

Pathways is for adults with mental health issues.

Mood Disorders Ottawa (MDO) will be offering this workshop starting January 18th 2018

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

Funded in part 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 goals

Mood Disorders Ottawa (MDO) will be offering this 10 week workshop starting January 15th 2018

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

For more information on WRAP, contact MDO at 613-526-5406 or email mdogrp@gmail.com

WRAP is for adults with mental health issues.

Funded in part by the Champlain LHIN and through a grant from the Ottawa Community Foundation

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Board Meeting</i>	2	3	4
5	6	7 <i>Movie Night</i>	8 <i>Discovery Crafting Night</i>	9	10	11
12	13	14 <i>Peer Support</i>	15	16	17	18
19	20	21 <i>Speaker Deborah Brooks</i>	22 <i>Peer Support</i>	23	24	25
26	27	28 <i>Peer Support</i>	29	30		

December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 <i>Movie Night</i>	6 <i>Board Meeting</i>	7	8	9
10	11	12 <i>Peer Support</i>	13	14 <i>Craft Sale @ ROH</i>	15	16
17	18	19 <i>Christmas Dinner</i>	20 <i>Peer Support</i>	21	22	23
24	25	26 NO <i>Peer Support</i>	27	28	29	30
31						