



## **MDO - OUT & ABOUT**

What have we been up to and where have we been seen in the community these past couple of months?

Some of the events we were at that you know of: September Speaker Night with Harry, Deborah and Max – that was a really engaging presentation on grief. Then three of our members spoke at October Speaker Night. Thank you to those who submitted feedback.

We were present on a panel at Carleton University and we were at Algonquin College giving out info about MDO.

Folks who took *Tell My Story* were out in the “Real World” telling their stories at:

- Seven Day Adventist Church – Benjamin Ave
- ODSP Office - Preston Street
- John Howard Society AGM
- Carleton University Pop Stigma Event

WRAP started up again and it’s going well. Peer Support has been picking up new facilitators so it looks good that it doesn’t fall on one person’s shoulders only.

There was Tuckers and Movie Nights as well as fund raising with Christmas Crafts and bake sales at Speaker nights.

We’ve been “REAPing” and “Trivia & Gaming” and Crafting for the MDO craft sales after Speaker nights and at the ROH see pg 6. The games nights have been light-hearted fun. Look for more of them.

## 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.

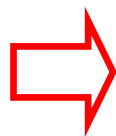
7:15—9:15 PM

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



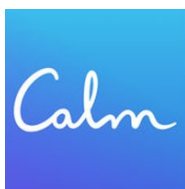
## MDO Speaker Night Series

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,  
7:15PM to 9:00PM.**

Open to the Public



Calm was branded as Apple's "App of the Year" in 2017. The app is designed to reduce anxiety, improve sleep, and help you to feel happier. Calm focuses on the four key areas of meditation, breathing, sleep, and relaxation, with the aim of bringing joy, clarity, and peace to your daily life.

The app delivers meditations that can help you to de-stress, as well as breathing programs, music, and sounds from nature to relax your mind and body and promote better sleep. Calm is the perfect app if you are new to meditation, but it also offers programs for more advanced users. Meditation sessions are available in lengths of 3–25 minutes, to fit in with your schedule.

Android and iPhone

## **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 Nov 6th and Dec 4th** **6:00-6:45** **World Exchange Plaza 2nd Floor** **Between SUBWAY and BOOSTER JUICE**

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 you ought to receive 6/year. However if you miss a month we don't allow you to make up for the missed movie card. But if you missed March, and come April and then every 2 months, you would still get 6/yr likely. No sign-up, 1st Come 1st Served — Limited to 30 cards per month.

### **Intro to SoulCollage**

Nov 28 6:30 – 9:30 pm 1355 Bank St 4th floor Suite 402  
See page 5 for additional Info

**Register by email ([mdogrp@gmail.com](mailto:mdogrp@gmail.com)) or phone (613-526-5406) (leave your full name and phone no)**

### **Holiday Season Games Night**

Dec 12 7:15 –9:30 pm 1355 Bank St 4th floor Suite 402

See page 7 for additional Info

**Register by email ([mdogrp@gmail.com](mailto:mdogrp@gmail.com)) or phone (613-526-5406) (leave your full name and phone no)**

# **January Movie Night**

# **Jan 2nd, 2019 WEDNESDAY**



# Mood Disorders Ottawa Speaker Night

November 20th 2018

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



## Sarah Telford & Jenn Robbins Present Emotional Intelligence

Emotional Intelligence is the capacity to be aware of, control, and express one's emotions, utilize emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal(s) and to handle relationships thoughtfully and empathetically.

This talk will cover:

- The concept of emotional intelligence
- How the brain processes emotions differently than thoughts
- Why emotions are so important and deserve more attention and respect
- How improving your emotional intelligence can make your life better
- Some tips for using your emotions more effectively to have a more satisfying and healthy life



**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 Use 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.

Speaker Night made possible through a generous grant from the  
**Ottawa Community Foundation**



## DISCOVERY 2000 Event November 28th 2018

Canadian Mental Health Association, 1355 Bank Street, Ottawa. 4th floor Rm 402

# Introduction to SoulCollage®

A process created by  
Seena Frost, MS, MA in Div.



- Start your own deck of collaged cards
- (Re)discover the many aspects of your personality
- Give visual and poetic expression to your life experiences
- Reconcile polarities and deepen your inner wisdom...

*To embark in this fun collage practice,  
you don't need to be an artist or any other special skills.  
All you need is your imagination and a curiosity to explore your multi-faceted soul.*

### When?

November 28th, 2018  
From 6:30 to 9:30 pm  
Cost: \$3, must be a paid-up MDO  
member, maximum 15 participants

### Material provided:

- 2 SoulCollage cards
- Precut pictures and magazines
- Glue and scissors
- A chart of SoulCollage Suits

### Where?

1355 Bank Street, 4th Floor

### Bring:

- A notebook/journal

To sign up, email: [mdogrp@gmail.com](mailto:mdogrp@gmail.com) or  
call 613-526-5406 to leave your name and phone number

Workshop facilitator: Sophie Dassy





# Christmas Craft & Bake Sale

There will be **three** opportunities to purchase these unique crafts and help MDO.

At **Speaker Night November 20th 2018**

And at the **Royal Ottawa Hospital 2nd Floor**

Nov 23, 2018, Friday 10am - 2pm

Dec 6, 2018, Thursday 10am - 2pm





# MDO GAMES NIGHT

Joy for our holiday season.



Wednesday, December 12

\$3 7:15– 9:30pm

MDO members & friends welcome

Please sign up to attend: [mdogrp@gmail.com](mailto:mdogrp@gmail.com)

or call the MDO line at 613.526.5406.

1355 Bank St, 4<sup>th</sup> Floor, Suite 402 - Across from Billings Bridge

Bus #5 & #6 stop in front



Bring some laughs, community and joy into your holiday season. We play in small teams, win treats and enjoy light refreshments.

Mood Disorders Ottawa c/o CMHA, 301-1355 Bank St., Ottawa, ON, K1H 8K7  
Info Line: 613-526-5406 Email: [mdogrp@gmail.com](mailto:mdogrp@gmail.com) Web: [www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca)



**PLEASE JOIN US FOR  
CHRISTMAS  
DINNER**



**DECEMBER 18<sup>TH</sup>, 2018**

**6:00–8:00PM**

**SOUTHMINSTER CHURCH,  
3RD FLOOR**

**(15 AYLMEYER AVE – BANK NEAR THE CANAL)**

**WEAR YOUR UGLY HOLIDAY SWEATER!**

**AND WE ALWAYS APPRECIATE YOUR  
CONTRIBUTIONS OF SWEETS OR SALADS.**





## 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 17<sup>th</sup>, 2019.**

## WRAP® - 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. 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 January 14, 2019.**

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)

**Pathways and WRAP are both held in the evenings between 7:00PM and 9:00 PM at Canadian Mental Health Association, 4<sup>th</sup> floor, 1355 Bank Street, Ottawa.**

WRAP is funded in Part by a generous grant from Ottawa Community Foundation and the Champlain LHIN

Pathways is funded by a generous grant from 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](mailto:mdogrp@gmail.com) Web: [www.mooddordersottawa.ca](http://www.mooddordersottawa.ca)

# November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 WRAP®	2	3
4	5 REAP	6 Movie Night	7 Board Mtg	8 WRAP®	9	10
11	12 REAP	13 Peer Support	14	15 WRAP®	16	17
18	19 REAP	20 Speaker night	21 Peer Support	22 WRAP®	23	24
25	26 REAP	27 Peer Support	28 SoulCollage	29 WRAP®	30	

# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 REAP	4 Movie Night	5 Board Mtg	6	7	8
9	10	11 Peer Support	12 Games Night	13	14	15
16	17	18 Christmas Dinner	19 Peer Support	20	21	22
23	24	25 	26	27	28	29
30	31	1 	2 	3		