



Mood Disorders Ottawa

Mood for Thought

March / April 2019

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

Spring is Coming



This will soon be a memory



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

Mood Disorders Ottawa Speaker Night MARCH 19 / APR 16 2019

Mood Disorders Ottawa
Speaker Night
March 19th 2019
Presents Dr. Irit
Stern



Mood Disorders Ottawa
Speaker Night
April 16th 2019
Presents
Sara Richardson-



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

Movie Night March 5th and April 2nd

6:00-6:45pm

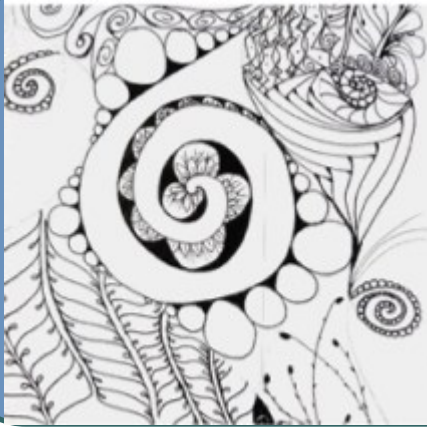
World Exchange Plaza 2nd Floor

45 O'Connor St

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. However if you miss a month we don't allow you to make up for the missed movie card.

No sign-up, 1st Come 1st Served—Limited to 30 cards per month.





Meditative Drawing

A creative way to practice mindfulness

Mindfulness is paying attention on purpose,
in the present moment,
non-judgementally,
to the unfolding of experience
moment to moment”

Jon Kabat-Zinn

Did you know that the simple act of creating repetitive marks, shapes and lines is a great way to clear your mind, to be in the moment and let yourself relax? That drawing can be an easy way to reduce stress because there is no right or wrong way...there is only your way. This session will introduce you to the beauty and ease of putting pen to paper as a way to practice/experience mindfulness. You will discover that through this process, you are creating intuitively and ,like magic, a piece of art emerges that is as beautiful and unique as you, every time. No previous drawing experience needed, just bring your self and your curiosity. Facilitated by Solange D. and peer support by Kim H.

We look forward to creating with you!

Meditative Drawing
Tuesday, April 30, 2019
7-9 pm
4th floor - 1355 Bank St.
Fee: \$3

Part of MDO's Discovery 2000
To register:
email mdogrp@gmail.com or
call 613-526-5406
Max. 15 participants



Mood Disorders Ottawa Speaker Night
Mar 19, 2019
Presents Dr. Irit Sterner

Location: Southminster
Church,
15 Aylmer Ave. (3rd Floor)

Biography

Dr. Irit Sterner is a registered clinical psychologist with 25 years of experience providing assessment, psychotherapy, and consultation to adults with a wide range of problems and clinical conditions. Currently in part-time private practice, her previous experience included 5 years in a federal government EAP program, 10 years at the Brockville Psychiatric Hospital, and 11 years at the Royal Ottawa Mental Health Centre. Dr Sterner was also a clinical professor at the University of Ottawa from 2000-2017, supervising psychology graduate students in their residency and practicum placements. In the Mood and Anxiety Program at the Royal, Dr. Sterner provided psycho-diagnostic assessments, and specialized individual and group psychological treatments for depression and bipolar disorder. Dr. Sterner's treatment is client-centered and collaborative and uses evidence-supported therapies to meet the needs of the individual. Her therapeutic approaches include CBT, Dialectical Behavior Therapy (DBT), Schema Therapy, and EMDR (Eye Movement Desensitization and Reprocessing).

Title

Cognitive Behavioural Therapy (CBT): Overcoming Low Motivation

Often, we know what we need to do to feel better, but we can't get ourselves to do it because we are feeling depressed or anxious. We get caught in a loop – we do less, and we feel worse. Dr. Sterner's presentation will explore (a) the problem of low motivation from a CBT perspective, and (b) strategies we can use to overcome problems with motivation.

Speaker Night is funded in part through a generous grant from the Ottawa Community Foundation





Mood Disorders Ottawa Speaker Night
Apr 16, 2019
Presents
Sara Richardson-Brown
Recreation Therapist, The Royal Ottawa Mental Health Centre

Location: Southminster
Church,
15 Aylmer Ave. (3rd Floor)

Biography

Sara Richardson-Brown has a Bachelor of Applied Science from the University of Guelph, and a post-graduate diploma in therapeutic recreation from Georgian College. She is a registered recreation therapist with Therapeutic Recreation Ontario and has 18 years of experience working in a variety of settings, including community day programs, hospital settings, and long term care. For the last 5 years, she has been working in her current position in the outpatient forensic program at The Royal Ottawa Mental Health Centre. Sara was the recipient of the Brian Bennison Practitioner's award from Therapeutic Recreation Ontario in 2016, and the Laurie Strano Quality Champion award from the Royal Ottawa Mental Health Centre in 2018. Throughout her career, Sara has been a passionate advocate for recreation and leisure as a wellness tool for all individuals.

Title Wellness Through Leisure

This presentation will provide an overview of the concept of Wellness, the importance of Play, and how engagement in Leisure & Recreation can help us to increase our overall health & wellbeing. Benefits and recommendations from research literature will be discussed along with strategies to utilize leisure and recreation in your wellness plan.



Speaker Night is funded in part through a generous grant from the Ottawa Community Foundation





ICE SKATING PARTY AND BAKE SALE



- ★ FRIDAY NIGHT FUN!
- ★ OPEN EVENT FOR MEMBERS, FRIENDS AND FAMILY OF MDO
- ★ HOT CHOCOLATE, HOT APPLE CIDER & OTHER BEVERAGES INCLUDED WITH EVENT FEE OF ONLY \$2!
- ★ MDO FUNDRAISING BAKE SALE

REGISTRATION REQUIRED

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

Bob MacQuarrie Recreation Complex 1490 Youville Drive

Date: Friday, March 29 - 7:30-9:20 PM



91, 95 131



BYOB (BRING YOUR OWN BLADES)

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 **April 25, 2019.**

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 **Winter 2020.**

For more information on WRAP or Pathways to Recovery or to REGISTER, contact MDO at 613-526-5406 or

email at mdogrp@gmail.com

Pathways and WRAP are both held in the evenings between 7:00PM and 9:00 PM at Canadian Mental Health Association, 4th 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 Web: www.mooddordersotawa.ca

 **OTTAWA
COMMUNITY
FOUNDATION**
invested for good



Tell Your Story

“What is most personal is most universal.” - Carl Rogers

Writing your story can help you make sense of your experience, connect with your resilience, and find hope and peace. Sharing your story in public can inspire others, shift opinions, and create positive change. If you have been thinking of sharing your story with others, please join us for the “Tell Your Story” workshop. We offer a non-judgmental and encouraging atmosphere where you can work on your story at your own pace.

Module 1 - Honouring my story: explores your motivation for sharing your story. You will develop your main message and identify your preferred audience.

Module 2 - Developing my story: covers the opening, body and closing of your story. You will start putting your story down on paper.

Module 3 - Refining my story: examines language, assumptions, and stigma. You will refine your story to connect with the hearts and minds of your audience.

Module 4 - Presenting my story: focuses on preparation and presentation skills. You will work with your strengths as you embrace the storyteller in you.

Practice Sessions - Practicing my story: 3 practice sessions will be offered. You can practice presenting your story as it evolves, and receive feedback.

Facilitator: Sharon Roberts is a facilitator for Wellness Recovery Action Plan (WRAP), Pathways to Recovery and Peer to Peer Support Group for MDO. She is passionate about peer support and mental health recovery for herself and others experiencing mental illness.

Location: 1355 Bank Street, 4th floor

Time: 7:00pm to 9:00pm

Dates	Interactive Modules	Practice Sessions
March 27	Module 3	March 13
April 24	Module 4	April 10

Tell Your Story is funded in part by a generous grant from Ottawa Community Foundation



MARCH 2019

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

APRIL 2019

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