



Mood Disorders Ottawa

# Mood for Thought

Sept / Oct 2018



*Summer's gone  
Leaves are falling down and round  
My window  
Crystal clear and certain  
That winter's coming home*

*The Monks of the Weston Priory*



*The heat of the summer will soon give way to cool breezes. Have you noticed how late the sun gets up and how early he goes to bed? I would have happily shaved 10 degrees off some days this summer to save them to add to the cold ones coming.*

*However, the beauty of Autumn is undeniable, young minds will soon be back filling their heads with knowledge and the MDO year gears up again. Our 1st Speaker night will be awesome and we have Tucker's in October. We hope you have all had a great summer, although we are aware that that isn't the case for everyone. –Ed*

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. MDO members and other individuals living with a mood disorder, 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
- Monthly speaker night
- Lending Library
- Recovery Programs (WRAP & Pathways to Recovery)
- Subsidized recreational & social activities
- Newsletter

## 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

## Mind Shift



Mind Shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.

(Free; [iOS](#) and [Android](#))

# GIANT TIGER



## THANK YOU



Thank you to Blossom Park Store for their Generous Donation of food items for our BBQ. We appreciate your help in making our day a success.

Ottawa BBQ Rental again donated the use of a BBQ for the day. An appliance to cook on is surely one of the most important items when having a BBQ. Thank you so much.

### **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 4th and Oct 2nd**

**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.

**Trivia** Night Sept 12 7:15 –9:30 pm 1355 Bank St 4th Fl Suite 402

**Crafting** Night Sept 13 7:15 –9:30 pm 1355 Bank St 4th Fl Suite 402

**Eating** Night Oct 10 5:00 –7:00 pm 61 York Street (Tuckers Marketplace)

Sign in between 5pm-5:30pm

**Max 40 Members — Paid up members fee \$5.00**

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

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)



# MDO GAMES NIGHT

TRIVIA - Pictionary

**MDO MEMBERS AND THEIR FRIENDS WELCOME.**

**WE HAD SO MUCH FUN LAST TIME, WE'RE DOING IT AGAIN!  
JOIN US FOR GAMES, LAUGHS & COMMUNITY.**



**SMALL TEAMS WILL BE ORGANIZED,  
WIN TREATS AND  
ENJOY LIGHT REFRESHMENTS.**

**WEDNESDAY, SEPTEMBER 12 ★ \$3 ★ 7:15-9:30PM**

**MDO MEMBERS AND THEIR FRIENDS WELCOME.**

**1355 BANK ST, 4TH FLOOR, SUITE 402  
ACROSS FROM BILLINGS BRIDGE ★ BUSES #5 & #6 STOP IN FRONT**

**PLEASE SIGN UP TO ATTEND AT [MDOGRP@GMAIL.COM](mailto:MDOGRP@GMAIL.COM)  
OR CALL THE MDO LINE AT 613.526.5406.**



# Holiday

## CRAFTING NIGHT

*September 13th*

Register by email ([mdogrp@gmail.com](mailto:mdogrp@gmail.com))

OR PHONE 613-526-5406

(leave your full name and phone no)

7:00pm

to

9:00pm

1355 Bank St

4th Floor, Suite 402

# REAP - Recovery through Expressive Arts Program



CREATIVE

# Writing

& Visual

# Arts

Monday evenings

6:30 - 9:00 p.m.

Sept. 10th – Dec 3

**REAP** is a 12-week visual arts and writing workshop which leads participants through an exploration of facets of themselves through simple visual arts and writing exercises. Led by peer and arts facilitators, the workshop provides participants with a safe space to learn about themselves and others. It is free of charge, including all materials, and is open to the community.

Participants must be willing to engage in some introspection and attend most sessions because they build on one another. All participants must attend the information/first workshop session on September 10. If it's not for you, let the rest go! Sign up by contacting MDO at [mdogrp@gmail.com](mailto:mdogrp@gmail.com) or 613-526-5406.

**NOTE: There has been a strong interest in REAP and we may not be able to accommodate everyone interested for the full program this session.**

**REAP is made possible  
through a grant from the  
Ottawa Community Foundation**





# Share My 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 “Share my 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:** 2 practice sessions will be offered. You can practice presenting your story as it evolves, and receive feedback.

**Facilitator:** Elise Laviolette M.Sc., MC:AT is an Art Therapist with lived experience who worked as a public educator for nearly a decade. She provides guidance while encouraging participants to honour their approach and voice in the storytelling process.

**Co-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
September	September 26 (Module 1)	
October	October 10 (Module 2)	October 24
November	November 14 (Module 3)	November 28
December	December 12 (Module 4)	

Share My Story is made possible through a generous grant from the Ottawa Community Foundation



Mood Disorders Ottawa Speaker Night

September 18th 2018 7:15 pm

Linda O'Neil Will Introduce BOUNCE BACK program

Mood Disorders Ottawa Speaker Night

September 18th 2018 7:30 pm

Presents Harry McNeil, Deborah Brooks and Max

## Grief

Grief for us is about all losses. The loss of a loved one, someone close to us who will leave a void, including pets. Loss of the way we saw ourselves, so that can be a diagnosis of a chronic illness, any kind including mental health diagnosis, auto-immune etc... Can be the loss of a substance or behaviour that helped us cope to some extent when we decide to get sober or clean. Over our lifetimes there are many things to grieve. Let's talk about ways to work through it with compassion.



With over 25 years of service at Serenity Renewal for Families as a counsellor and volunteer, Harry McNeil is passionate about helping people heal their emotional and spiritual wounds. He is an amazing counsellor with a huge following of admirers, including his colleagues. The world is lucky to have this guy.

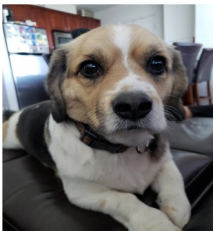
*Not to be confused with another famous Cape Bretoner, McNeil from Margaree, Mentioned in the Heavy Water Plant Song :)*



Deborah, is a Registered Psychotherapist and Internationally certified concurrent disorder professional. She works at Serenity Renewal for Families and in Private Practice.

Deborah specializes in women's issues, co-dependency, and addiction of all kinds.

She is passionate about healing in all its forms through self-compassion and individual empowerment through increasing knowledge and creating healthy community.



Max is a five year old shisu beagle. He showed a natural propensity for counselling at a young age, loving people and tending to their emotions. He brings comfort and joy to clients at Serenity Renewal for Families two days a week. He recently lost his companion of four years.

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



**OTTAWA  
COMMUNITY  
FOUNDATION**

invested for good

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.mooddordersottawa.ca





## Feeling low? Stressed? Anxious?

**BounceBack<sup>®</sup> can help!**

**BounceBack<sup>®</sup>: Reclaim your health** is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety. It offers two forms of help.

### 1 Telephone coaching and workbooks

**A referral is required to participate.** Your family doctor or nurse practitioner can provide you with a referral. Alternatively, you can self-refer. To access the referral form, visit: [bouncebackontario.ca](http://bouncebackontario.ca)

BounceBack is a guided self-help program in which a coach supports you in working through a series of workbooks.

- The program involves three to six telephone coaching sessions, which you can do from the comfort of your home.
- Your coach is there to help you develop new skills, keep you motivated, and monitor how you're doing.
- You and your coach will select from among 20 workbook topics that are best suited to your current needs. Some popular workbooks are: Being assertive; Changing extreme and unhelpful thinking; Overcoming sleep problems.
- Telephone coaching and workbooks are available in multiple languages.

### 2 BounceBack Today online videos

**No referral is necessary.** You can start watching our online video series today! Visit: [bouncebackvideo.ca](http://bouncebackvideo.ca) and enter access code: **bbtodayon**

BounceBack Today videos offer practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living.

The videos are available in English, French, Mandarin, Cantonese, Punjabi, Arabic, and Farsi.

Funded by the Government of Ontario



Canadian Mental  
Health Association  
Ontario



## Frequently asked questions

### How much does BounceBack cost?

All BounceBack program materials and services are **free** for people living in Ontario who have a valid health card number.

### Does BounceBack work?

BounceBack is based on cognitive behavioural therapy (CBT), which is the recommended approach to managing anxiety and depression. We are confident the program can teach you the skills and techniques to help you manage low mood and worry. Here's what a BounceBack client had to say: *"My biggest learnings from the program would be how to problem-solve more effectively, how to adjust my attitude, and it also reminded me that what I'm feeling is normal."*

### If I'm referred, does it mean my doctor thinks I have a mental illness?

No. Often low mood and worry problems don't qualify for a formal mental health diagnosis, but they deserve attention in their own right. BounceBack is specifically designed for people experiencing stress, low mood, or anxiety, which can get in the way of life satisfaction.

### Am I eligible for BounceBack if I'm taking an anti-depressant medication or participating in other mental health support programs?

Yes. You and your doctor or nurse practitioner must decide together whether BounceBack would be a useful addition to, or replacement for, other treatments or services you're receiving.

## How to participate in BounceBack telephone coaching and workbooks:

- Visit: [bouncebackontario.ca](http://bouncebackontario.ca)
- Print off a copy of the referral form and fill it out with your family doctor or nurse practitioner at your next visit. This is important so that the healthcare professionals who know you best can match your needs with the right support.
- Alternatively, you can self-refer by completing the referral form online and then emailing it to us at: [bb-referral@cmha-yr.on.ca](mailto:bb-referral@cmha-yr.on.ca). Be sure to include the contact information for your primary care provider so that we can contact them on your behalf
- If you need help filling out the form or have any questions, contact us at: 1-866-345-0224

## About the Canadian Mental Health Association (CMHA) Ontario



Canadian Mental  
Health Association  
Ontario

Incorporated in 1952, CMHA Ontario provides community-based programs and services across the province to meet the needs of individuals seeking support with their mental health and addictions. Our 30 local CMHA branches are part of a community-based mental health sector which services approximately 500,000 Ontarians annually.

Mood Disorders Ottawa Speaker Night  
October 16th 2018  
Presents Cameron, Basil and Sharon

## Telling Our Story

### Cameron F

Cameron is passionate about Mental Health Advocacy and destigmatization. A lover of the piano and professional shower singer, he has lived in the Ottawa area since 1992. Cam is proud to be on the Board of Directors for a wonderful organization called Mood Disorders Ottawa and is thankful for the opportunity to share his story of struggle, courage and hope.



### Basil C

After two management certificates, a college PR diploma, a degree in a cultural studies, and 15 years, Basil Chiu finally realised his dreams, (up until that point). He went to grad school in the U.S., where he got an M.B.A. and an M.S. in...let's just call it psychology. Vindication was waiting, that is, until his symptoms came a-knocking and was diagnosed with PTSD. Basil now supports and facilitates mental health peers at Psychiatric Survivors of Ottawa and works for the LCBO, which is surprisingly nourishing for his soul.

### Sharon R

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.



Tell My Story is made possible through a generous 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 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)

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.



Pathways to Recovery is funded in part by a generous grant from 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 September 27, 2018.

We will post the date once finalized.

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


MDO workshop are 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

WRAP is for adults with mental health issues.

# September 2018


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



WRAP



# October 2018

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