



# Mood Disorders Ottawa Mood for Thought

## January/February 2018

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

The last time this newsletter was put together it was 22C. Now its at least -22C. Hope you are all managing to get by in the frigid cold. On the bright side, I haven't seen any mosquitoes in a while.



**WAPPY  
NEW YEAR**

### Did you know?

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

## 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

SPEAKER NIGHT WILL  
RETURN  
MARCH 2018

## *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, 4<sup>th</sup> Floor 1355 Bank Street, Ottawa.

For more information on WRAP or to **register** for the upcoming sessions, contact MDO at 613-526-5406 or email [mdogrp@gmail.com](mailto: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

## *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 is-

Pathways is for adults with mental health issues.

**Mood Disorders Ottawa**

**(MDO) will be offering this workshop starting January 18th 2018**

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For more information on Pathways or to **register** for the upcoming sessions, contact MDO at 613-526-5406 or email [mdogrp@gmail.com](mailto:mdogrp@gmail.com)

Funded in part through a grant from the Ottawa Community Foundation

## **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***

Paint with Janet

January 16th 2018



Time 7-9pm

Location: Southminster Church,  
15 Aylmer Ave. (3rd Floor)  
Ottawa,  
Cost: \$5.00

This event is limited to 20 people. Sign-Up is required

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## **Join us on 20th February 2018 for Trivia Night**

Time: 19:00-21:00 (7-9pm)

Cost: \$3.00

Facilitator: Kim H.

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

This event is limited to 20 people. Sign-Up is required

## Bipolar: Blessing or Curse?

It's remarkable to think that some of the most creative minds in history are thought to have had bipolar disorder.



By Jess Melancholia

How many times have you wished or prayed your bipolar disorder away? How angry are you that you have to live with this the rest of your life? I know that at times I wish it was gone. Then there are other times when I feel blessed to have the multitasking, high self-esteem, and social grace associated with the disorder. To understand what I mean, visit my [blog](#).

Bipolar disorder is a rare and complicated mental phenomenon. About 2.6% of the U.S. population has to live with it. For those of us who have it, there exists a lot of mixed feelings about it. Maybe you find that [depression](#) is too difficult to deal with. Maybe you enjoy the freedom and creativity that goes along with [mania](#).

It's true that bipolar is both a blessing from a nonexistent heaven and a curse from a very real hell.

Whatever your opinion is, the [history of the disorder](#) goes back almost to 300-400 BC. As I'm sure most of you are familiar with, in ancient Greece the majority of the population worshipped pagan gods. From Zeus to Hades, they interacted frequently in the lives of humans. Socrates and Plato believed that Apollo, the god of art, bestowed upon a lucky few humans "mania" and "melancholia." (Melancholia is such a beautiful word don't you think?) Manic depression was one of the first diseases ever characterized by mankind.

From then on out, countless numbers of people have been [blessed with this lifelong curse](#). We are among a class of people that range from Virginia Woolf to Winston Churchill to Ludwig van Beethoven to Vincent van Gogh! It's remarkable to think that some of the most creative minds in history suffered through intense depressions and exuberant manias.

No matter what you feel about the disorder, there exists inside your heart the will to conquer it. There is nothing too great for you to handle or too challenging for you to tackle. I've said this before and I'll say it again: Bipolar has no power over you.

Lately I've been burnt out. I'm not afraid to share it. There is very little fight in me. I'm terrified and lonely. This is a battle that I've been losing and I don't know what to do. It's enough for me to lie in bed and hide under the covers all day. However, I need to remind myself of the strength buried deep within my heart. If there is an small amount of hope then I need to utilize it. That hope gives me the courage to climb out of bed in the morning. One foot after the other. It gives me the courage to step into the shower even if I cry while I'm in there. It helps me go about my day and lowers my anxiety. My hope will determine my fate.

I'll carry this illness with me to my grave but it will not be the one to bury me.

**I'll let you decide. Which do you think it is?**



Jess Melancholia is a bipolar blogger who resides in San Diego, California with her husband and cat. All throughout college, she struggled with depression and anxiety. She found it extremely difficult to balance school, work, and singing in her university gospel choir. This pattern continued after graduation for years with short intervals of hypomania scattered in between. Only when her father, a Navy veteran, was diagnosed with PTSD and Major Depression did she look into her own mental health. In May of 2014, she was diagnosed with Bipolar Disorder 2. She experienced her first major manic episode in January 2015. For 9 months, her mania kept increasing and was left unnoticed and untreated. During this time, she struggled with hypersexuality. When her mania subsided, she crashed into a severe depression and became suicidal. It was after this that she did intensive outpatient therapy and started to blog about her struggles with bipolar disorder. Since coming to terms with her illness, she has found the strength to take charge of her health and be more proactive in managing her triggers. Nowadays, through medication and a strong support system, she works tirelessly to live a "normal" life and keep her manic and depressive episodes under control. Her hobbies include playing horror video games and wine tasting. Her daytime profession is a molecular biologist at a biotechnology company. She writes for The Huffington Post and The International Bipolar Foundation. She also writes about her personal journey on her blog The Bipolar Compass at [bipolarcompass.com](http://bipolarcompass.com).

Taken from: <https://www.bphope.com/blog/bipolar-blessing-or-curse/>

# 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.

**January 24, 2018**  
**February 28, 2018**  
**March 28, 2018**

**Module 1 – Sharing your story**  
**Module 2 – Developing your story.**  
**Module 3 – Refining your story**

**Time: 7:15 to 9:15 pm**

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



**NOTE JANUARY DATE CHANGE**



# January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>New Year's Day</b>	2 <b>Movie Night</b>	3	4	5	6
7	8	9 Peer Support Group	10	11	12	13
14	15 WRAP starts	16 Paint With Janet	17 Peer Support Group	18 Pathways starts	19	20
21	22	23 Peer Support Group	24 Tell My Story	25	26	27
28	29	30	31			

# February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Movie Night	7 Board Meeting	8	9	10
11	12	13 Peer Support Group	14	15	16	17
18	19	20 Trivia Night	21 Peer Support Group	22	23	24
25	26	27 Peer Support Group	28			

**Notes** [Wrap Every Monday starting Jan 15 for 10 weeks](#)  
[Pathways Every Thursday Starting Jan 18th for 12 weeks](#)