




Mood Disorders Ottawa

AGM

ANNUAL GENERAL MEETING

WEDNESDAY JUNE 12TH AT 7PM
SOUTMINSTER CHURCH 3RD FLOOR
15 ALYMER AVE
YEAR IN REVIEW
BOARD RE-ELECTION

PLEASE JOIN US FOR REFRESHMENTS AND PIZZA FOLLOWING THE MEETING



AGM Election Process

Paid up members may nominate themselves or another member for election at the AGM. Nominees can make a short speech to tell members a little about themselves and why they want to be on the Board.

Election to the Board is effected by a process of acclamation by the members present at the AGM. (i.e., all in favour of electing this nominee to the Board say “yes”).

If there are objections, a show of hands is counted. Otherwise the person is deemed to be elected. Specific positions (Co-Chair, Treasurer etc.) are appointed by the newly elected Board at the next Board meeting.

MDO requires a minimum of 7 Board members, maximum of 13. If more than 13 members are nominated for the Board at the AGM, a secret ballot is used.

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 May 21, 2019

Mood Disorders Ottawa
Speaker Night
May 21st 2019
Presents
Dr Laura Nichols



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!!

To sign up for Tucker's Marketplace, please use the link below and fill in the requested information

 <https://goo.gl/forms/4Lf7zhNtxeFtTG6D3> 

Use the info line 613-526-5406 to sign up if you haven't Internet access.
Emailing will no longer be used to sign up for events.



Movie Night May 7th and June 4th

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.

SUMMER

TRIVIA

Night

\$3./person

June 3rd @ 7:15 1355 Bank Street 4th Floor
Sign up @ ~~http://www.mooddisordersottawa.ca~~

At link on website page under EVENTS -or- link below

(https://docs.google.com/forms/d/e/1FAIpQLSdU2_Dl0bd0_2BU_eCz3mcqV7ILMPTGzyS5UaDQsDBGYP20Q/viewform)



Or Call 613 526-5406



Come out for another member favorite activity, trivia night

MDO volunteers have put together an evening of games and entertainment for their peers, full of fun challenging music videos, movie clips and pop culture trivia.

Open to friends and family

Snacks and beverages provided small fun prizes to be won

Facilitated by Kim H and the MDO games night crew.

For more info: 613 526-5406 or

www.mooddisordersottawa.ca

4Mood Disorders Ottawa c/o CMHA, 301-1355 Bank St., Ottawa, ON, K1H 8K7
Info Line: 613-526-5406 Email: mdogrp@gmail.com Web: www.mooddisordersottawa.ca



Mood Disorders Ottawa Speaker Night

Mar 21st 2019

7:30PM to 9:00PM.

Presents

Dr. Laura Nichols

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

Biography

Dr. Laura Nichols is a clinical psychologist and owner of the Centre for Change in the west end of Ottawa. She specializes in providing mental health services to adults who are experiencing mood disorders, anxiety, PTSD or work-related stress.

Laura, as she prefers to be called, has worked at the Royal Ottawa Hospital in the mood disorders and community mental health programs as well as addiction services in Nova Scotia.

Title: A Mindful Life

Laura will discuss ways you can positively impact your own mental health drawing on scientific research, her clinical practice and her own lived experience.

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



Mood Disorders Peer Support Group Comfort Agreement UPDATE

How do we support ourselves and others with lived experience inside the peer support values and practices?

We are making changes to our Peer Support Drop-in Group Comfort agreement. If you would like to add your voice, please send feedback through the **MDO website, Facebook page, official e-mail or comment box** located at each support group.

mooddisordersottawa.ca
facebook.com/mooddisordersottawa
mdogrp@gmail.com

Have your say by the end of May
All Feedback will be considered by a large group of MDO

Also, we still need more Peer Support Facilitators. We have increased the number of facilitators since last year, more would give us flexibility.

Fundamentals



There is training for facilitators, some of you have had it already in one form, some other's very jobs or lived experiences have given them the knowledge and ability to facilitate.

Please consider whether you would want to be a Peer Support Facilitator.

The following information was gathered and prepared by **Karine L.** It was 1st Presented to the WRAP group she was attending. Although MDO does not endorse any of the firms or content, some members might, on their own, find the information Karine has gathered to be beneficial.

Disability Tax Credit (DTC) and Registered Disability Savings Plan (RDSP)

Objective

Inform that Disability Tax Credit (DTC) and Registered Disability Savings Plan (RDSP) offered by the Government of Canada can be accessible to persons with psychiatric disabilities (and not only physical).

Summary

There is the DTC and the RDSP. These two governments financial aids are not very well known in relation to mental health and that is why I wanted to talk to you in case you could also benefit from them.

Request the DTC first. If deemed eligible, this then gives access to the RDSP.

Based on the documentation and examples provided, the DTC appears to be predominantly for people with physical disabilities, but one of the examples provided deals with a woman with generalized anxiety disorder and suggests that people with psychiatric disorders may be eligible for the DTC.

There appears to be an eligibility age requirement for the RDSP (50 years and under). For the DTC, I do not remember seeing an age limit. RDSP include saving grants and bonds (lower income). Depending on your annual income, you can receive grants and bonds at the same time.

For Quebec residents, the DTC is offered both by the Canada Revenue Agency (CRA) and Revenu Québec, but under two separate names.

I am considered disabled by my employer in relation to psychiatric disabilities, and I have benefited from both the DTC and the RDSP from 2009 to 2021 and I will then have to submit a request for renewal. The DTC combined with the RDSP is for me approximately \$ 5,200 per year of eligibility and it is possible to go back to 10 years ago (e.g. if deemed admissible in 2019, you can go back to 2009 if you were also

Administrative paperwork is reasonable and your health professional will have to fill out forms. I also dealt with my financial planner for the RDSP. Two tips:

The focus should be put on the effects of impairment with concrete examples. This is a key component for the assessment.

I had forms filled by different health professionals treating me during different years. My condition was the same over those years, but small differences in the description of the effects lead to approval for some years and a refusal for other years (After this refusal, I have submitted additional information and was finally approved, but it was time-consuming process).

Because DTC appears to be predominantly for people with physical disabilities, the form T2201 use to apply is designed accordingly, so some adjustments were made. For example, when my health professionals filled out the forms for me, they have included the categories “Mental functions necessary for everyday life” but also “Walking” to express my daily severe lack of energy that is mainly due to my mental health issues.

Disability Tax Credit (DTC) and Registered Disability Savings Plan (RDSP) cont

If necessary, be aware that a Montreal company (Alisa Refunds) can handle the administrative portion, with 20% taken from the amounts received from the governments if successful.

I have assessed the few companies that are offering this type of service and I have found that Alisa Refunds was by far the best one.
I have no personal gain recommending this company (just sharing my research).
What I have done is to handle myself the application process to DTC and RDSP and I contacted Alisa Refunds after to find other minor tax credits that I may have missed.

ALISA REFUNDS

Phone: 855-527-2683

Address: 4545 Blvd. Grande-Allée, Boisbriand (QC) J7H 1M8

Email: contact@alisarefunds.ca

Website: <https://alisarefunds.ca>

*N.B. Firm located in Québec but their services are offered to residents of all Canadian provinces. **No visit to their office is required.***

For more information:

Disability Tax Credit (DTC): <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Registered Disability Savings Plan (RDSP): <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>

Thanks Karine for compiling this for our Membership



Did you know?

MDO is a charitable organization that issues CRA tax receipts for any donations over 10\$



Tell Your Story

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

Practice Sessions - Practicing my story: You can practice presenting your story, receiving supportive feedback as it evolves.

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

Co-Facilitator: Cameron Fairlie is a seasoned Tell Your Story Presenter, representing MDO. His message focuses on personal advocacy and de-stigmatization. Cameron is a Peer Support Group Facilitator and sits on the Board of Directors for Mood Disorders Ottawa.

Location: 1355 Bank Street, 4th floor

Time: 7:00pm to 9:00pm

Dates	Interactive Modules	Practice Sessions
		May 8th

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



May 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Board Mtg	2 WRAP	3	4
5	6  Tucker's	7 Movie Night	8 TYS	9 WRAP	10	11
12 	13	14 Peer Support	15	16 WRAP	17	18
19	20 	21 Speaker Night	22 Peer Support	23 WRAP	24	25
26	27	28 Peer Support	29	30 WRAP	31	

June 2019

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Trivia Night	4 Movie Night	5 Board Mtg	6 WRAP	7	8
9	10	11 Peer Support	12 AGM 6:30 pm	13 WRAP	14	15
16 	17	18	19 Peer Support	20 WRAP	21 	22
23	24	25 Peer Support	26	27 WRAP	28	29
30						