

MOOD DISORDERS OTTAWA

Mood For Thought

LET US KNOW WHAT YOU THINK ABOUT OUR NEW LOOK!

Send us a message on facebook and you'll be entered into a draw for a sweet prize!



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ANNUAL GENERAL MEETING

June 12 2019



For those who missed it, we had our annual general meeting on June 12th. There were 30 people in attendance, we thank everyone for coming out and an extra big thanks to all who helped out and made the event happen. Almost everyone, if not everyone, went home with a door prize. The pizza was also fabulous! Overall, it was a huge success.

Our new board of directors consists of the following people; Sheila, Cameron, Peggy, Justine, Sharon, Catina, Alex, Carrie, Eric, Lorraine and Chris R. The executive will be determined in July.

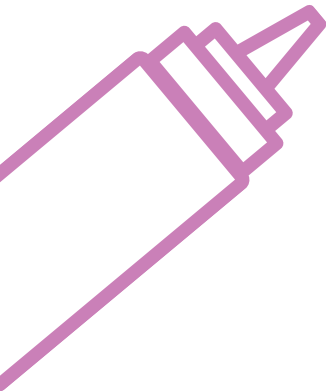
Many of our previous board members have stepped down, we wish them all the best in their future endeavours and hope to see them around MDO.



INVITES YOU AND YOUR
APPETITES TO OUR

ANNUAL

BBQ



JULY 16TH AT 5PM
ANDREW HAYDEN PARK
IN THE GAZEBO

SALADS AND DESSERTS WELCOME



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VOLUNTEER APPRECIATION

MAY 29 2019

Our first volunteer appreciation event was held in May and was a huge success.

Approximately 40 volunteers were recognized and a lot of fun was had. Delicious homemade soups were enjoyed and lots of door prizes were won! Overall, it was a fabulous event. Huge shout out to Kim for planning, cooking and executing every single detail of the event. Thank you to everyone who helped make this event Catherine, Cameron and Sheila to name a few.

WE'RE MOVING!

CMHA is moving in the fall and we are going with them! Our new address will be 311 McArthur Avenue. The #14 bus route passes the new location. We don't have a lot of information yet, but we will keep you updated. We hope this isn't too much of an inconvenience for anyone.



IN OTHER NEWS

VOLUNTEERS

We are a peer run non-profit organization and are dependant on our volunteers to function.

We are always looking for people to help out behind the scenes, as well as at events. If you are at all interested, please reach out via email, Facebook or telephone.

GET IN THE NEWSLETTER



Do you have information that you think other members would benefit from? Reach out to us via Email and we will try our best to include it in our next issue. Do you write poetry and/or short stories? Do you have art to share? We are interested in anything you might have to share! Don't be shy :)

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MOVIE NIGHT

JULY 2ND & AUGUST 6TH

6-6:45PM

WORLD EXCHANGE PLAZA 2ND FLOOR

45 O'CONNOR ST



As a member, you can purchase a \$15 Cineplex gift card for just \$3 every second month. First come, first served; limited to 30 cards per month.



PEER SUPPORT GROUP

A safe, supportive place to be surrounded by others with a mood disorder. Sometimes just being in a room with people who "get it" is comforting in itself. Everyone gets the opportunity to share, but it's not mandatory.

Come check it out- you won't regret it!

We meet up 3 times a month, the second and fourth Tuesday of the month and the Wednesday in between. Check the calendar on page 5.

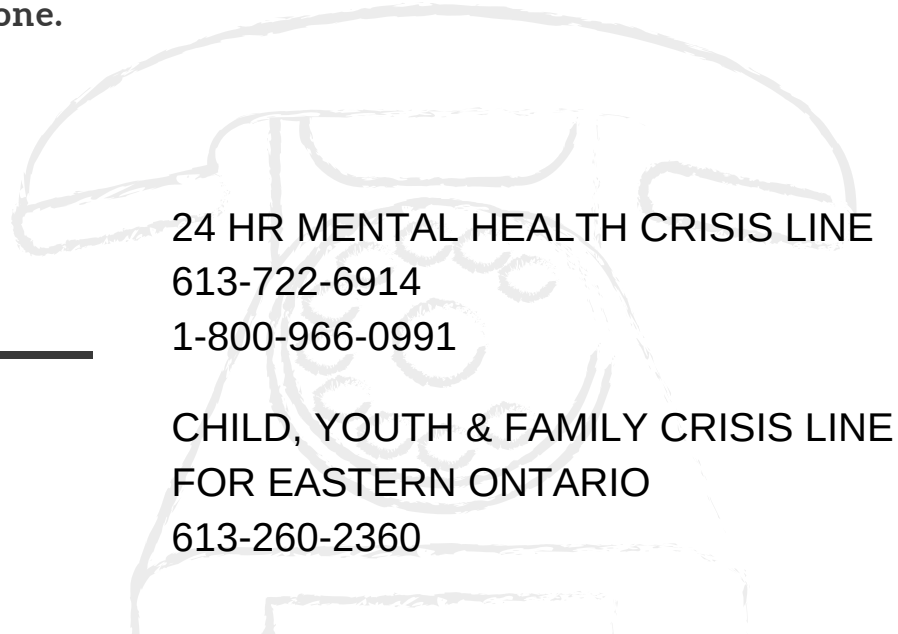
Interested in facilitating our Peer Support group? Let us know at group or via email, Facebook or telephone.

EMERGENCY NUMBERS

OTTAWA DISTRESS CENTRE
613-238-3311

24 HR MENTAL HEALTH CRISIS LINE
613-722-6914
1-800-966-0991

CHILD, YOUTH & FAMILY CRISIS LINE FOR EASTERN ONTARIO
613-260-2360



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NOTES

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- 01- CANADA DAY
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- 02- MOVIE NIGHT 6PM
- 03- BOARD MEETING
-
- 09- PEER SUPPORT
-
- 16- ANNUAL BBQ 5PM
-
- 17- PEER SUPPORT 7:15PM
-
- 23- PEER SUPPORT 7:15PM
-
-
-
-
-

JULY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CANADA DAY	2 MOVIE NIGHT 6PM	3 BOARD MTG	4	5	6
7	8	9 PEER SUPPORT 7:15PM	10	11	12	13
14	15	16 ANNUAL BBQ 5PM	17 PEER SUPPORT 7:15PM	18	19	20
21	22	23 PEER SUPPORT 7:15PM	24	25	26	27
28	29	30	31			

NOTES

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- 06- MOVIE NIGHT 6PM
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- 07- BOARD MEETING
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- 13- PEER SUPPORT 7:15PM
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- 21- PEER SUPPORT 7:15PM
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- 27- PEER SUPPORT 7:15PM
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AUGUST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 MOVIE NIGHT 6PM	7 BOARD MTG	8	9	10
11	12	13 PEER SUPPORT 7:15PM	14	15	16	17
18	19	20	21 PEER SUPPORT 7:15PM	22	23	24
25	26	27 PEER SUPPORT 7:15PM	28	29	30	31

Mood Disorders Ottawa c/o CMHA 301-1355 BANK ST, OTTAWA, ON, KOH 8K7
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