



Mood Disorders Ottawa Mood for Thought

January/February 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

HAPPY
NEW YEAR

Congratulations

To the winners of our Shawl Raffle Draw

Peggy C-W and Anne F

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 2019



iPhone & Android

SuperBetter is a game focusing on increasing resilience and the ability to remain strong, optimistic, and motivated when presented with challenging obstacles in life.

A study by the University of Pennsylvania in Philadelphia found that when people played SuperBetter for 30 days, their mood improved, symptoms of anxiety and depression decreased, and self-belief to achieve goals increased.

The app will help you to adopt new habits, improve your skills, strengthen relationships, complete meaningful projects, and achieve lifelong dreams. SuperBetter also has the potential to help you beat depression and anxiety, cope with chronic illness, and recover from PTSD,

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

Join us on 15th January 2019 for Bowling @ McArthur Lanes

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

Cost: \$3.00

Facilitator: Kim H. Cameron F.

Location: McArthur Bowling Lanes

175 McArthur Rd, Vanier, Ontario

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



Paint with Janet February 19th 2019

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

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 17th, 2019.**

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 **starting January 14, 2019.**

For more information on 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

JOT A LOT

JOURNALING FOR MENTAL HEALTH

Do you enjoy writing? Do you wish you kept a journal? Not sure where to start?

JOIN US FOR A 10 WEEK JOURNALING WORKSHOP AT MOOD DISORDERS OTTAWA

**EVERY MONDAY FROM
JANUARY 14-MARCH 18 2019
7PM-9PM
1355 BANK ST 4TH FLOOR**

Register today!

AT MOODDISORDERSOTTAWA.CA

BY EMAILING MDOGRP@GMAIL.COM

OR BY CALLING 613-526-5406



Meditation & Mindfulness with Candace



On **Thursday February 28th** please come and join us for a special drop-in session of “Mindfulness and Meditation with Candace”, a trial program sponsored by MDO. This is a free event for members and the public, so feel free to bring a friend or neighbour who you feel may enjoy this evening. Many scientific studies have proven how Mindfulness and Meditation can reduce symptoms of stress, symptoms related to depression and anxiety (including PTSD) and other symptoms related to mood disorders.

Meditation and Mindfulness can also be used to bring clarity, compassion and meaning to one’s life. During this event, your host Candace will give an informal talk on both Meditation and Mindfulness and will guide the audience during two different meditations: one focused on the breath and body and one focused on Loving Kindness (also known as the Pali word ‘Metta’). Whether you are new to meditation or have been practicing for a long while, feel free to come and join us from **6pm to 8pm** at CMHA 4th Floor. We hope this evening enlightens you, informs you, and that you have the opportunity to meet others interested in this practice as well. Best wishes.



To register: Please email Candace at mdogrp@gmail.com or leave message @ 613.526.5406 with the number of potential attendees by February 22nd. Thank You.



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
January 30	Module 1	
February 27	Module 2	February 13
March 27	Module 3	March 13
April 23	Module 4	April 10

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



January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Movie Night	3	4	5
6	7	8 Peer Support	9	10	11	12
13	Jot a Lot WRAP®	15	16 Peer Support	17 PATHWAYS	18	19
20	Jot a Lot WRAP®	22 Peer Support	23	24 PATHWAYS	25	26
27	Jot a Lot WRAP®	29	30	31 PATHWAYS		

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	Jot a Lot WRAP®	5 Movie Night	6 Board Mtg	7 PATHWAYS	8	9
10	Jot a Lot WRAP®	12 Peer Support	13	14 PATHWAYS	15	16
17	Jot a Lot WRAP®	19 Paint with Janet	20 Peer Support	21 PATHWAYS	22	23
24	Jot a Lot WRAP®	26 Peer Support	27	Meditation Mindfulness PATHWAYS		