

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!

DID YOU MISS OUR
LAST EDITION OF
MOOD FOR
THOUGHT?

Unfortunately, there were some members who missed out on our last newsletter and we would like to apologize for the mix up. We are working hard to ensure everyone gets their copy of the newsletter in a timely manner. Soon, you will be able to find the newsletter in your inbox, on our website and on Facebook!



SO MUCH EXCITING NEWS!!!!

I can't say that I am excited for summer to end, but

I can say that I am beyond excited for what is coming up at MDO this fall! We have programs starting up and Speaker Nights are making a come back too! There is a SHOW NIGHT in September and a meal at Tuckers Marketplace set for October.

Keep reading for all of the details!

WE'RE MOVING

We do not have any new updates on the move. Please keep the move in mind when signing up for programs as some programs will start in our current location but may continue in our new location. 311 McArthur Ave is the new address.

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UPCOMING EVENTS

SEP. 12 TELL YOUR STORY SPEAKER
TELL YOUR STORY MINI
SPEAKER NIGHT AT CMHA.
INFORMATION ABOUT THE
PROGRAM AND 3
SPEAKERS.
7 PM

SEP. 25 SHOW NIGHT
COME BY CMHA TO WATCH
A MOVIE AND EAT SOME
SNACKS!
7 PM

SEP. 17 SPEAKER NIGHT
JOIN US AT THE
SOUTHMINSTER CHURCH
WHERE RAPHAELLE
LAFRAMBOISE-CARIGNAN
WILL BE SPEAKING.
7 PM

OCT. 23 DINNER AT TUCKERS
MARKETPLACE
ENJOY A MEAL AT TUCKERS
FOR JUST \$5!
REGISTRATION OPENS
SEPTEMBER 15TH.
5 PM



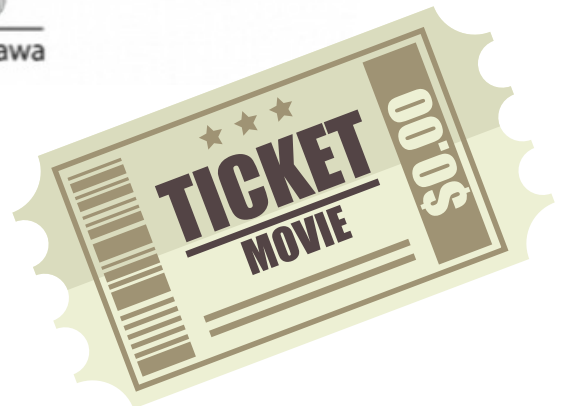
MOVIE NIGHT

SEPT. 3RD AND OCT. 1ST

6-6:45PM

WORLD EXCHANGE PLAZA 2ND FLOOR

45 O'CONNOR ST



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

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SPEAKER NIGHT



On **September 17th**, Raphaëlle Laframboise-Carignan will be speaking about workplace accommodation, short term and long term disability and the Canada pension plan disability benefits.

Raphaëlle Laframboise-Carignan is a bilingual lawyer who provides legal services in the areas of labour, employments, administrative, human rights, and disability law.

On **October 15th**, speakers from our Tell Your Story workshop will be presenting their personal recovery journeys. This is one of my favourite editions of Speaker Night. You don't want to miss this one!

If you are at all interested in telling your story, check out the workshop info on page 6. We have a new one starting up September 30th, you can sign up now!

TUCKERS MARKETPLACE

Join us for a buffet dinner at Tuckers Marketplace on **OCTOBER 23RD** at 5PM. **REGISTRATION IS REQUIRED.**

Registration for this event will open on September 15th, any calls/emails made prior to that date will not be accepted. Limited space available, max 40 people. Tuckers is located at 61 York St. in the Byward Market. Members pay \$5 at time of event. **REGISTRATION OPENS ON SEPT 15TH. LIMITED SPACE AVAILABLE.**



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Mood Disorders Ottawa Presents

SPEAKER NIGHT

everyone is
welcome

featuring:

**RAPHAELLE
LAFRAMBOISE-
CARIGNAN**

A bilingual lawyer who provides legal services in the areas of labour, employment, administrative, human rights, and disability law.

Topics of discussion will include Workplace Accommodation, Short and Long term Disability Benefits and Canada Pension Plan Disability Benefits.

**SOUTHMINSTER
UNITED CHURCH
SEPT.17TH 2019
7PM-9PM**



MOOD DISORDERS OTTAWA

Mood For Thought

**movie
time**

1355 BANK STREET 4TH FLOOR
MOOD DISORDERS OTTAWA PRESENTS

SHOW NIGHT 1995 EMPIRE RECORDS



WEDNESDAY SEPT 24TH @ 7PM

FEE IS BY DONATION.
PRE MOVIE TRIVIA GAME WILL BE OFFERED.
MEMBERSHIPS WILL BE AVAILABLE
RERESHMENTS WILL BE PROVIDED

SIGN UP @ mooddisordersorders.ca and click the link to register or call
613-526-5406 Facilitated by KIM H.

**warning: includes scenes with
survivor scars and themes of suicide .**

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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. 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



SEPT 23-NOV 25 7:15PM-9:15PM
1355 BANK STREET 4TH FLOOR

www.mooddisorordersottawa.ca,
mdogrp@gmail.com, 613-526-5406



MOOD DISORDERS OTTAWA

PATHWAYS TO RECOVERY

A strengths based, self-help approach to recovery. Learn to identify your personal strengths and dreams. 12 week program lead in a group setting with mutual support and an opportunity for building healthy relationships.



THURS. SEPT. 23| 7:15PM-9:15PM| 1355 Bank St. 4th Floor

SIGN UP REQUIRED
www.mooddisorordersottawa.ca,
mdogrp@gmail.com,
613-526-5406



JOT A LOT

Journaling for mental health
12 week workshop

**THURSDAYS
SEPT 26-DEC 12
7PM-9PM**

Join us in discovering various styles of journaling and how journaling can be used to help us cope with our mental health struggles. No experience required. Sign up is required.

www.mooddisorordersottawa.ca, mdogrp@gmail.com, 613-526-5406
CMHA 1355 Bank Street 4th floor

MOOD DISORDERS OTTAWA

Tell Your Story

"What is most personable 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.

**September 30 2019
8 Week Program
7PM-9PM**

CMHA 1355 Bank St 4th Floor

Registration Required

Topics of Discussion

Honouring My Story
-explore your motivation for sharing your story and develop your main message.

Developing My Story
-you will start putting your story on paper,

Refining My Story
- you will refine your story to connect with the hearts and minds of your audience.

Presenting My Story
-you will focus on preparation and presentation skills



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HAVE YOU COMPLETED WRAP, BUT HAVEN'T COMPLETED YOUR PLAN?



We are now offering a monthly drop in group for people who have completed the WRAP program but still need to work on completing their action plans. There will not be any new content presented, simply a safe place to work on your WRAP plan with others.

MONTHLY
DROP IN GROUP

OCTOBER 9TH 7PM-9PM
MORE DATES COMING SOON

PLEASE BRING YOUR OWN MATERIALS

Wrap it Up



HeArt

The HeArt program will be held in the new year instead of this fall, sorry for any inconvenience.



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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 at the end of the newsletter.

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

VOLUNTEERS

We are a peer run, non-profit organization who depends on their volunteers hard work to function. We are always in need of volunteers. We are also in search of members who have facilitator training and are willing to volunteer their time. Please reach out for any information regarding volunteer opportunities.



EMERGENCY NUMBERS

24 HR MENTAL HEALTH CRISIS LINE

613-722-6914

1-800-966-0991

CHILD, YOUTH & FAMILY
CRISIS LINE FOR EASTERN
ONTARIO

613-260-2360

OTTAWA DISTRESS
CENTRE

613-238-3311

MOOD DISORDERS OTTAWA

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WE NEED
YOUR HELP



VOLUNTEERS WANTED




We are currently in need of volunteers for various positions, if you are at all interested, please reach out via Facebook, phone or email.



1355 Bank Street, Ottawa
www.mooddisordersottawa.ca
mdogrp@gmail.com
613-526-5406

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September 2019 						
SUN	MON	TUE	WED	THU	FRI	SAT
1 	2	3 MOVIE NIGHT 6PM	4 BOARD MTG	5	6	7
8	9	10 PEER SUPPORT 7:15PM	11	12	13	14
15	16	17 SPEAKER NIGHT	18 PEER SUPPORT 7:15PM	19	20	21
22	23 WRAP	24 PEER SUPPORT 7:15PM	25 SHOW NIGHT	26 PATHWAYS JOT A LOT	27	28 
29	30 WRAP TYS					

Notes
03- MOVIE NIGHT 6PM
04- BOARD MEETING
10- PEER SUPPORT 7:15PM
17-SPEAKER NIGHT
18- PEER SUPPORT 7:15PM
23- WRAP 7:15PM
24- PEER SUPPORT 7:15PM
25- SHOW NIGHT 7PM
26- PATHWAYS 7:15PM JOT A LOT 7PM
30- WRAP 7:15PM TELL YOUR STORY 7PM

October 2019 						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 MOVIE NIGHT 6PM	2 BOARD MTG	3 PATHWAYS JOT A LOT	4	5
6	7 WRAP TYS	8 PEER SUPPORT 7:15PM	9 WRAP IT UP	10 PATHWAYS JOT A LOT	11	12
13	14 THANKSGIVING 	15 SPEAKER NIGHT	16 PEER SUPPORT 7:15PM	17 PATHWAYS JOT A LOT	18	19
20	21 WRAP TYS	22 PEER SUPPORT 7:15PM	23 TUCKERS	24 PATHWAYS JOT A LOT	25	26
27	28 WRAP TYS	29	30	31 PATHWAYS JOT A LOT		

Notes
01- MOVIE NIGHT 6PM FACILITATORS MEETING
02- BOARD MEETING
03- PATHWAYS 7:15PM JOT A LOT 7PM
07- WRAP 7:15PM TELL YOUR STORY 7PM
08- PEER SUPPORT 7:15PM
10- PATHWAYS 7:15PM JOT A LOT 7PM
14- THANKSGIVING
15-SPEAKER NIGHT
16- PEER SUPPORT 7:15PM
17- PATHWAYS 7:15PM JOT A LOT 7PM
21- WRAP 7:15PM TELL YOUR STORY 7PM
22- PEER SUPPORT 7:15PM
23- TUCKERS

Mood Disorders Ottawa c/o CMHA 301-1355 BANK ST, OTTAWA, ON, KOH 8K7
613-526-5406 mdogrp@gmail.com www.mooddisordersottawa.ca

