



Mood Disorders Ottawa

Mood for Thought

July /August 2017

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
- Lending Library

AGM 2017

Thank you all for a wonderful turnout

*Congratulations to Your New
Board Members*

The following members comprise the board
for 2017/2018

Catherine W
Gerry W
Brenda S
Sonia B
Vicki T
Sharon R

Andrew G
Simon B
Gabby W
Peggy C W
Yvan L
Namara N

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 Nights will resume in the fall

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

MDO Annual Picnic July 18
Andrew Hayden Park Under the Gazebo
5:00-8:00pm

If you can bring a salad or sweets, it would be appreciated

Movie Night July 4th and Aug 1st
6:00-6:45
World Exchange Plaza 2nd Floor

REAP - Recovery through Expressive Arts Program

MDO's Recovery through Expressive Arts Program (REAP) is a 10-week workshop which aims to provide a safe place where participants can explore their creativity and learn more about themselves and others. Participants will be introduced to a variety of visual art mediums, such as drawing, pastels & collage as well as writing techniques such as free association, poetry and prose.

All materials are provided free of charge.



CREATIVE Writing

& Visual Arts

Monday evenings
6:30 - 9:00 p.m.
Sept. 11th - Nov. 20th
4th floor,
1355 Bank Street
(CMHA building)

Many people have found creative expression helpful to their unique recovery process. You might too!

Workshop starts on Monday, September 11 and goes until Monday November 20th.

Place: 1355 Bank St. 4th Floor (CMHA building) Time: 6:30-9:00 pm

Max participants: 12 paid up MDO members.

For more information or to register contact MDO at 613-526-5406 or email mdogrp@gmail.com

REAP (Recovery through Expressive Arts Program) is made possible 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 of issues.

Mood Disorders Ottawa (MDO) will be offering this workshop starting January 2018.

For more information on Pathways to Recovery or to register, contact MDO at 613-526-5406 or email at mdogrp@gmail.com

MDO workshops are held in the evenings between 7:10PM and 9:10PM at Canadian Mental Health Association, 4th Floor 1355 Bank Street, Ottawa.



www.mooddisordersottawa.ca

Pathways to Recovery is funded in part by the United Way

MDO 2017/2018 Pathways to Recovery is funded in part by a grant from the Ottawa Community Foundation.



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 own life goals

Mood Disorders Ottawa (MDO) will be offering this 10 week free workshop starting Thursday September 28th, 2017.

For more information on WRAP, contact MDO at 613-526-5406 or email at mdogrp@gmail.com

MDO workshop are held in the evenings between 7:10PM and 9:10PM at Canadian Mental Health Association, 4th floor, 1355 Bank Street, Ottawa.



www.mooddisordersottawa.ca

WRAP is for adults with mental health issues. It is funded in part by the Champlain LHIN

MDO 2017/2018 WRAP program is funded in part by a grant from the 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.mooddisordersottawa.ca

Art Therapy for Mental Illness (Public Event not affiliated with MDO)



Join **Art Therapy for Mental Illness** on July 23rd, 2017 on Parliament Hill, and be part of raising awareness towards mental illness and the importance of art as a form of therapy!

All you have to do is show up, express yourself and enjoy painting for free. We are going to have everything you would need to paint. Paint brushes, paint boards, paint, pallets, and water (the paint is non-toxic). Don't forget to bring your creativity with you!

We are happily collaborating with Youth Net/Réseau Ado through CHEO -- Children's Hospital of Eastern Ontario. Part of the proceeds are going to their Pens+Paint program. Youthnet reaches around 10,000 students in the Ottawa area and it's surroundings!

Everyone is invited to participate. We would love to see the community come together for support and to raise awareness for mental illness, because everyone is prone to face mental illness, personally, through a friend or a family member. Be many and invite your friends and family!!!

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 <i>Movie night</i>	5	6	7	8
9	10	11 <i>Peer support Group</i>	12	13	14	15
16	17	18 <i>MDO Picnic</i>	19 <i>Peer Support Group</i>	20	21	22
23	24	25 <i>Peer Support group</i>	26	27	28	29
30	31					

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Movie night</i>	2	3	4	5
6	7	8 <i>Peer support group</i>	9	10	11	12
13	14	15	16 <i>Peer support group</i>	17	18	19
20	21	22 <i>Peer Support group</i>	23	24	25	26
27	28	29	30	31		