

MOOD DISORDERS OTTAWA

Mood For Thought

WHO'S READY FOR SPRING?

As it turns out, groundhogs are not the most reliable when it comes to predicting the weather. For example, this year, some groundhogs did see their shadow, while others did not. Hopefully Spring is around the corner either way!

The Winter season tends to be tough for many, this year it was especially tough for Mood Disorders Ottawa. The CMHA move and lack of home for several months had great affect on the operations and morale of our organization. We are sincerely sorry for the effect that it has in turn had on our members. Thank you for your continued support and understanding along the way! We look forward to welcoming Spring with you. We have new programs starting again in April and some fun Discovery events too! We are still in search of volunteers and board members to join our team, anyone interested in contributing big or small can reach out to any facilitator or board member or by emailing info@mooddisordersottawa.ca, we also plan to host a volunteer information session this Spring, watch for more details and be sure to come check it out.



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WE HAD A PARTY!

We recently celebrated our move into CMHA's new location at 311 McArthur Ave and it was a blast! Thank you to everyone who came out and showed their support, We truly missed those of you who could not make it.

We would like to extend thanks to all those who made the event happen.

A special thank you to Sandy McDonald from Bell for presenting us with our Grant funds. These funds will be used to run more WRAP and Pathways programs and potentially in different areas of our city.

Shout out to Operation Come Home and Food Works Ottawa for the amazing food, Metro for the delicious cake and to Strawberry Blonde Bakery for the tasty gluten free treats!

Let's keep up this momentum and have a great year!



Justine W. and Chris R receiving a cheque from Bell Let's Talk's Sandy McDonald. Mood Disorders Ottawa applied for and has received a grant for \$10,000. Thanks Bell!

MOVIE NIGHT



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. Visit Catherine and Gerry at the World Exchange Plaza to grab yours!

6-6:45PM
WORLD EXCHANGE PLAZA
2ND FLOOR
45 O'CONNOR ST

**TUESDAY
MARCH 3RD
APRIL 7TH**

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Spring Programming

All Spring programming will be held at 301-311 McArthur Ave. Please refer to www.mooddisordersottawa.ca/programs for more information and to sign up!

WRAP

Monday April 6th

- Get started on your Wellness Recovery Action Plan now!

TELL YOUR STORY

Monday April 20th

- Have you ever wanted to share your personal story? Check this program out, no experience required! Now a drop in!

THE WRITERS COLLECTIVE

Monday May 4

- Have you checked out our new "no commitment required" writing program?
- Drop in, no sign up or commitment!

PATHWAYS TO RECOVERY

Thursday April 30th

- This strengths based program was made for everyone, not sure which program to take? Start here!

SCRIBBLE INTO SPRING

Thursday April 16th

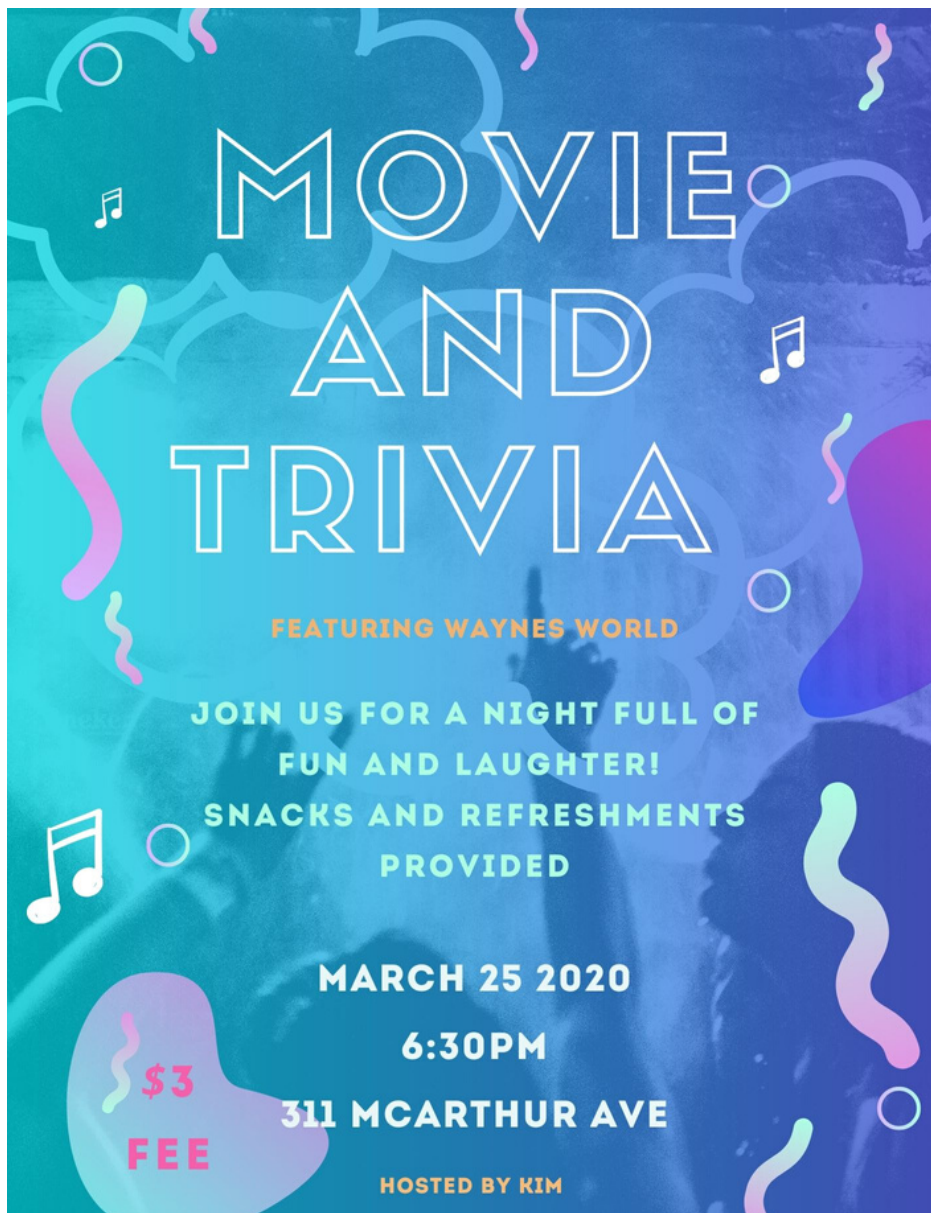
- While we ran a pilot of this program, this will be its official debut. A nature-focused arts and peer support program, the perfect way to welcome Spring!

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DISCOVERY EVENTS

Discovery events are a great way to meet other people and avoid isolation. We like to do fun things such as bowling, skating, painting, Cineplex movie passes, game nights, show nights, Tuckers Marketplace buffet, etc. These events are made possible through a very generous grant from CMHA. If you have new ideas for events please let us know!

A vibrant, colorful poster for a 'Movie and Trivia' event. The background is a mix of teal, blue, and purple with abstract shapes and musical notes. The text is in white and orange. It features the event title, date, time, location, and host information.

**MOVIE
AND
TRIVIA**

FEATURING WAYNES WORLD

JOIN US FOR A NIGHT FULL OF
FUN AND LAUGHTER!
SNACKS AND REFRESHMENTS
PROVIDED

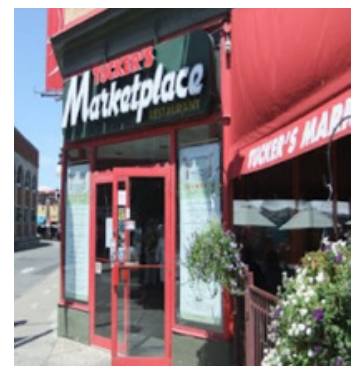
MARCH 25 2020
6:30PM
311 MCARTHUR AVE

**\$3
FEE**

HOSTED BY KIM

UPCOMING EVENTS

- Big Games - Board Game Night (April 15th)
- Tucker's Marketplace (MAY 21st)



SPECIAL NOTE

*SPEAKER NIGHT HAS BEEN
TEMPORARILY POSTPONED
UNTIL MAY

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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 of the week in between. No fees or referrals required! Please adhere to the Calendar at the end of the newsletter for exact dates, Peer Support will be held at our new location at 311 McArthur moving forward. As some of you may know, the doors were locking automatically at 7PM, we are working on having those hours extended to better serve our members.

Thank you for all of your patience and understanding over the past few months.

Peer Support Group

Q & A

Questions + Answers



Q: Do I have to sign up or register to attend?

A: No, you do not need to sign up or register.

Q: Can I show up at anytime or should I be there at the beginning?

A: We strongly recommend you come a little BEFORE the group starts so everyone can get settled in (grab cookies and coffee/tea) before we go over the groups comfort agreement and outline the basic process of how the group is run. In addition, it can be very disruptive if participants are coming and going at various times throughout the group. We appreciate your efforts and understanding.

Q: Do I have to talk or share?

A: No, you do not have to say a word. We do provide a safe, secure space if you happen to change your mind.

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EMERGENCY NUMBERS

911
FOR EMERGENCY
SITUATIONS

OTTAWA DISTRESS
CENTRE
613-238-3311

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


24 HR MENTAL HEALTH CRISIS
LINE
613-722-6914
1-866-996-0991



VOLUNTEER INFO SESSION



We will be hosting a volunteer information session this Spring, we would like to give those interested a little more insight and answer any questions or concerns. Please see the flyer below for more information.




HERE'S THE SCOOP - WE NEED YOU

**MDO is fuelled by people power.
Get the scoop on being a part of that power on March 31st.**

- Share ideas about programs and events,
- Learn how to get involved in small and big ways ... phone calling, helping with event set-up, working on the website or newsletter, being a facilitator,
- Meet others who are involved as volunteers,
- Play a game or two ... and
- ENJOY A DELICIOUS ICE CREAM (lactose free too) AND SNACK.

**What are you doing on March 31st?
Put MDO's 'Here's the Scoop' event in your calendar now and bring a friend.**


When: Tuesday, March 31st, 2020, 6:45-8:30p
Where: 311 McArthur Ave in the new CMHA building (on bus route #14).
Note: Entry doors lock at 7p; we will check doors intermittently until 7:15p.
Who: All welcome! Members, program & group participants, friends & family.



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MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 WRAP WRITERS COLLECTIVE	3 MOVIE NIGHT	4 BOARD MTG	5 PATHWAYS HEART	6	7
8  DAYLIGHT SAVINGS	9 WRAP WRITERS COLLECTIVE	10 PEER SUPPORT	11	12 PATHWAYS HEART	13	14 
15	16 WRAP WRITERS COLLECTIVE	17 	18 PEER SUPPORT	19 PATHWAYS HEART	20	21
22	23 WRAP WRITERS COLLECTIVE	24 PEER SUPPORT	25 MOVIE & TRIVIA	26 PATHWAYS HEART	27	28 
29	30 WRAP WRITERS COLLECTIVE	31 VOLUNTEER INFO SESSION				



APRIL 2020



SUN	MON	TUE	WED	THU	FRI	SAT
			1 BOARD MTG	2 PATHWAYS	3	4
5	6 WRAP WRITERS COLLECTIVE	7 MOVIE NIGHT	8	9 PATHWAYS	10 GOOD FRIDAY	11
12 EASTER 	13 EASTER MONDAY	14 PEER SUPPORT	15 BIG GAMES, BOARD GAME NIGHT	16 PATHWAYS SCRIBBLE INTO SPRING	17	18
19	20 WRAP TYS WRITERS COLLECTIVE	21	22 PEER SUPPORT	23 SCRIBBLE INTO SPRING	24	25
26	27 WRAP TYS WRITERS COLLECTIVE	28 PEER SUPPORT	29 WRAP IT UP	30 PATHWAYS SCRIBBLE INTO SPRING		