



Mood Disorders Ottawa

Mood for Thought

July /August 2018

AGM 2018

**Thank you all for a wonderful turn out and a good number of members joining the new board.
(The Panago Pizzas were not too bad either.)**

Congratulations to Your New Board Members

The following members comprise the board for 2018/2019

Andrew	Brenda	Sanjay	Justine
Peggy	Yvan	Cameron	Candace
Frank	Sheila	Janet	
Catherine	Gerry		

1st Meeting of the new board will be August 1st

We also wish to thank those past board members who did not seek re-election.
Gabby Simon Sharon Sonia Vicki

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. MDO members and other individuals living with a mood disorder, 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
- Monthly speaker night Newsletter
- Lending Library
- Recovery Programs (WRAP & Pathways to Recovery)

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

Speaker Nights will resume Sept 18th 2018

TYS (Tell Your Story) will resume Sept 26th 2018
More info in Sept/Oct Newsletter

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

Movie Night July 3rd and Aug 7th

6:00-6:45

**World Exchange Plaza 2nd Floor
Between SUBWAY and BOOSTER JUICE**

The \$15.00 movie cards cost \$3.00 each for paid up members. You can use them at any Cineplex theatre for admission/concession items. They do not expire. You can only get your movie card every second month so you ought to receive 6/year. However if you miss a month we don't allow you to make up for the missed movie card. But if you missed March, and come April and then every 2 months, you would still get 6/yr likely. No sign-up, 1st Come 1st Served—Limited to 30 cards per month.



MDO Annual Picnic July 17th
Andrew Hayden Park Under the Gazebo
5:00-8:00pm

If you can bring salads and sweets it would be appreciated

REAP - Recovery through Expressive Arts Program



CREATIVE

Writing

& Visual

Arts

Monday evenings

6:30 - 9:00 p.m.

Sept. 10th – Dec 3

REAP is a 12-week visual arts and writing workshop which leads participants through an exploration of facets of themselves through simple visual arts and writing exercises. Led by peer and arts facilitators, the workshop provides participants with a safe space to learn about themselves and others. It is free of charge, including all materials, and is open to the community.

Participants must be willing to engage in some introspection and attend most sessions because they build on one another. All participants must attend the information/first workshop session on September 10. If it's not for you, let the rest go! Sign up by contacting MDO at mdogrp@gmail.com or 613-526-5406.

**REAP 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 2019.

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.



Pathways to Recovery is funded in part by a generous grant from 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 September 27, 2018.

We will post the date once finalized.

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

MDO workshop are held in the evenings between 7:10PM and 9:10PM 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

WRAP is for adults with mental health issues.

July 2018

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

August 2018

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

Art in Strathcona Park

18th Annual Exhibition & Sale



Saturday, August 11, 2018

10 am • 4 pm | Rain or Shine!

Strathcona Park (Corner of Range Road & Laurier Avenue East)

ENJOY the work of artists and artisans!

Silent Auction

FREE ADMISSION

Call 613-860-7800

artinthepark@micaontario.com

www.micaontario.com



Organized by the Mental Illness Caregivers Association (MICA)