



Mood Disorders Ottawa

Mood for Thought

March/April 2018

A Prayer in Spring

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

by Robert Frost

*Oh, give us pleasure in the flowers today;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.*

*Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by night;
And make us happy in the happy bees,
The swarm dilating round the perfect trees.*

*And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts with needle bill,
And off a blossom in mid-air stands still.*

*For this is love and nothing else is love,
The which it is reserved for God above
To sanctify to what far ends He will,
But which it only needs that we fulfill.*

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

March 20th 2018

Presents Dr. Levi Riven



Mood Disorders Ottawa
Speaker Night

April 17th 2018

Presents Dr. Laura Nichols





Mood Disorders Ottawa Speaker Night

March 20th 2018

Presents Dr. Levi Riven

Biography

Dr. Levi Riven is a psychologist in supervised practice at the Centre for Change in Nepean. His areas of practice include ADHD, Anxiety Disorders, Depression, and OCD. He completed his Ph.D. in clinical psychology at Concordia University in Montreal, and has served as a sessional lecturer there in the Department of Psychology. His dissertation research explored how the brain supports second-language learning, as part of a broader interest in how people learn new skills as adults and how the brain has the power to rewire itself throughout life

Title

Making Sense: The brain's power to simplify, deceive, and sometimes overwhelm us.

Topic

Our brains were not designed to tell the difference between fact and fiction, truth and falsity, perception and reality. The world around us is too big, too complex, and too random to fully grasp, and we do not see it exactly as it is. How then are we able to function in our daily lives? If we don't see things as they really are, how can we possibly know how to react? How can we operate in a world that we don't fully understand?

In this talk, we will explore the brain's solution to this problem. We will look at the mental processes—the internal psychological “apps”—that allow us to *make sense* of what we experience, even if we are not experiencing things as they truly are. By understanding how the brain *makes sense* of things, we can better appreciate how this helps us function in a chaotic world. But equally important, we can learn to recognize that the brain does not always give us the whole story. At times when we feel insecure, anxious, and hopeless, it is helpful to know that we are not fully seeing ourselves as we truly are. And in the end, we have a more active role to play in separating fact from fiction, perception from reality, so that we can function in a world that not only *makes sense* but also allows us to flourish.

Speaker Night is funded in part through 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.mooddisordersotawa.ca



Mood Disorders Ottawa Speaker Night

April 17th 2018

Presents Dr. Laura Nichols

Biography

Dr. Laura Nichols is a clinical psychologist and owner of the Centre for Change in the west end of Ottawa. The centre offers a team of psychologists, counsellors and social workers who work exclusively with adults and who are experiencing difficulties managing mood, post-traumatic stress and anxiety.

Dr. Nichols opened the Centre for Change because she wanted to create a serene space for adults and that would embody east coast values.

Dr. Nichols has worked at the Royal Ottawa Hospital in the mood disorders and community mental health programs as well as addiction services in Nova Scotia. She also supervises a number of early career mental health specialists.

Title

Top 5 Strategies for Mental Well-being .

Topic

Dr. Nichols presentation will focus on the Top 5 Strategies for Mental Well-being, identifying methods to take you from crisis and distress to calm and control.

Ways to trigger positive emotions and strengthen your mental health will be discussed.

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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 goals

Mood Disorders Ottawa (MDO) will be offering this 10 week workshop starting Thursday [April 26th 2018](#)

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

For more information on WRAP or to **register** for the upcoming sessions, contact MDO at 613-526-5406 or email mdogrp@gmail.com

WRAP is for adults with mental health issues.

Funded in part by the Champlain LHIN and through a grant from the Ottawa Community Foundation

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 March 6th and April 3rd

6:00-6:45pm

World Exchange Plaza 2nd Floor

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 that 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.

No sign-up, 1st Come 1st Served—Limited to 30 cards per month.

Extra Movie Night in March

Wednesday March 28th 2018

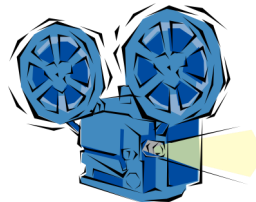
6:00-6:45

Limit 40 Cards 1st Come 1st Served

World Exchange Plaza 2nd Floor

Cost \$3.00 each for paid up members

This is additional to your every 2nd month.



Join us for an evening at Tuckers Marketplace 61 York St **April 11th 5pm 7pm**
Sign in between 5 and 5:30pm

Max 40 Members Cost \$5.00 Register by email at mdogrp@gmail.com or by phone at 613 526 5406
(Please leave your full name and phone number)



Tell My Story



The “Tell my Story” workshop consists of 3 modules offered on a rotating basis. Each module covers a specific topic and allows time for participants to share the stories they have prepared for the group. The flexibility of this workshop gives you the option to come for the topics that interest you without having to present. You also have the option to practice presenting and receive feedback as you develop your story.

All of this happens in a non-judgmental and encouraging atmosphere...with quite a few laughs along the way.

Module 1 – Sharing your story

This module covers the why, when, where, who, and how of sharing your story. We will explore your motivation and “readiness” for sharing your story, identify suitable audiences and discuss how to engage them, and learn presentation skills.

Module 2 – Developing your story.

This module covers the 3 components of your story; the opening, body and closing. We use structured and creative exercises to start putting your story down on paper.

Module 3 – Refining your story

In this module, we explore the content of our stories in finer detail and discuss how our language and our approach help us communicate our message. In this interactive module, we will ensure that our stories connect with the reason of the mind and the wisdom of the heart.

Each workshop will include 1 hour spent on one of the three modules followed by 1 hour of practice/presenting time.

March 28, 2018

Module 3 – Refining your story

April 25, 2018

Module 1 – Sharing your story

Time: 7:15 to 9:15 pm

Place: 1355 Bank Street, 4th floor Facilitator: Elise Laviolette

FRIENDSHIP SUPPORT GROUP (FSG)

ACTIVITY CALENDAR – MARCH 2018

The FSG is a peer support group of adults living with mental illness.
Join us every Wednesday for an evening of friendship



March 7th: 5:45 to 7:45 pm

Presentation: Heart Health

March 14th: 5:45 to 7:45 pm

St. Patrick's Day Celebration

March 21st: No meeting

March 28th: 5:45 to 7:45 pm

Monthly meal – please bring a toonie

For more information, contact Crystal & Sara at 613-860-7800 or fsg@micaontario.com

Carlington Community Health Centre
900 Merivale Road

Bus 80 & 85 – two blocks south of Westgate Mall

Sponsored by:

MICA - Mental Illness Caregivers Association

www.micaontario.com

613-860-7800



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MARCH 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	Movie Night 6	7	8	9	10
11	12	Peer Support 13	14	15	16	17
18	19	Speaker Night 20	Peer Support 21	22	23	24
25	26	Peer Support 27	Extra Movie Night Tell My Story 28	29	30	31

APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Movie Night	4	5	6	7
8	9	10 Peer Support	11 Tuckers Marketplace	12	13	14
15	16	17 Speaker Night	18 Peer Support	19	20	21
22	23	24 Peer Support	25 Tell My Story	26 WRAP Starts	27	28
29	30	<i>Important Notes:</i>				