



Mood Disorders Ottawa

Mood for Thought

MAY/ JUNE 2017 NEWSLETTER

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

ANNUAL GENERAL MEETING

Don't miss MDO's Annual General Meeting (AGM) on [June 20th](#)! It is an important event for all MDO members to attend. Come enjoy some delicious refreshments, reconnect with old friends, meet new friends, and be part of MDO's future.

AGM Election Process Paid-up members may nominate themselves or another member for election at the AGM. Nominees can make a short speech to tell members a little about themselves and why they want to be on the Board.

Election to the Board is effected by a process of acclamation by the members present at the AGM (ie., all in favour of electing this nominee to the Board say "Yes"). If there are any objections, a vote (a show of hands) is counted. Otherwise the person is deemed elected. Specific positions (Co-Chair, etc.) are appointed by the newly elected Board at the next Board Meeting. MDO requires a minimum of 5 and a maximum of 13 Board members. If more than 13 members are nominated for the Board at the AGM, a secret ballot vote is held and the nominees with the highest number of votes will be elected. If you have questions or concerns about the election process being used at MDO, please let us know.

Call 613-526-5406 or email mdogrp@gmail.com

Remember the AGM starts at 6:30PM. Please join us. Your vote matters!

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

Movie Nights are on the first Tuesday of the month from 6:00-6:45 at the World Exchange Plaza, 2nd Floor

Dates: May 2, 2017

June 6, 2017

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 required, First Come First Served. Limited to 30 cards per month. Please bring your **membership cards**.

MDO wishes to thank Patrick and Jani for donating and subsidizing a movie night in memory of their brother Jean-Eric.



Vince Gilbert, Owner of Ottawa BBQ Rentals has generously donated one of the 3 Ft Big John Propane Grills for the MDO Annual Picnic this summer.

We appreciate your support, Vince!

THANK YOU

Please check out their website:

OttawaBBQrental.ca

DISCOVERY 2000 EVENTS



Putting Edge Golf

May 31st

Max 20 people

Fee: \$3.00

Location: 5 Roydon Place
#1, Nepean, ON. K2E 1A3
Off Merivale & Hunt Club
Rd

Time: 7pm-9pm

Facilitator: Namara



Movie Night: May 2 and June 6

Please remember that as our events, activities and workshops at MDO are provided at a very low cost for members, there is a very limited number of participants possible. Therefore, it is important to **register in advance** by emailing mdogrp@gmail.com or call **613-526-5406**. To **cancel your registration** call the same number or email the same address as soon as possible.

MDO usually ends up with a waiting list for every activity and by letting MDO know you have to cancel, you will be giving your spot to someone else who is willing and able to go to the event. MDO has noticed in the past few months that there are more and more people who register and then don't show up to activities, taking a spot for nothing. MDO felt it was important to address this issue and add this little reminder to the next few newsletters. Thank you for your collaboration and your consideration for other MDO members.



*MDO now has a Facebook page
"MoodDisordersOttawa"*

RECOVERY PROGRAMS –MDO

WRAP® is a 10 week program that starts the 2nd week of September 2017

Pathways to Recovery is a 12 week program which starts January 2018

To register call **613-526-5406** or email **mdogrp@gmail.com**

Participants will be notified a few weeks prior to the start of the respective programs for confirmation of registration.

*Want to see yourself in print? MDO **Mood for Thought** welcomes submissions of poems, thoughts or articles. Submit either by mail or email.*

MDO
c/o Canadian Mental Health
Association
301-1355 Bank Street
Ottawa, ON
K1H 8K7
or email to mdogrp@gmail.com

Sorry, we can't guarantee when your piece will be printed. But we will endeavor to include in a timely manner, works based on relevance to mood disorders, happenings in our community as well as space constraints in the newsletter.

Did you know?

MDO is a charitable organization that issues CRA tax receipts for any donations over 20\$. Donations can be submitted by mail, on our website, or on our Facebook page titled "MoodDisordersOttawa"

Mailing Address

MDO
c/o Canadian Mental Health Association
301-1355 Bank Street
Ottawa, ON
K1H 8K7

Here is a list of some of the free events at Ottawa 150th anniversary celebrations this summer for the months of May and June. The full list of events can be found on Ottawa2017.ca

May 20: Fiesta de Primavera (Spring Fest) at ByWard Market, York Street , Ottawa, Ontario Canada

May 22: Carlington Family Fun Day at Alexander Park, 960 Silver St Ottawa, Ontario.

May 22-June 1: Canadian University/ College Golf Championships

May 27-28: Tamarack Ottawa Race Weekend (Marathon) at Different Venues across the city

May 20-September 4: INSPIRATION VILLAGE at the Byward Market Inspiration Village will be the site of a succession of special exhibitions and performing arts events and will feature each of Canada's provinces and territories for a full week of tributes over the course of the summer in 2017. Artistic performances, fashion shows and public gatherings would happen on this site, in addition to educational displays and arts and crafts retail activity.

June 1 - December 30

Canada: Who Do We Think We Are?

This exhibition represents past ways of thinking about Canada that will be surprising to modern Canadians. The questions they raise help us understand ourselves, our country, and the important role of our national library and archives as the memory of our nation. Curating archival images for a large-scale outdoor projection on the LAC building.

Location: Library and Archives Canada, 395 Wellington Street Ottawa, Ontario K1A 0N4

May 13: Canada's 150th Birthday Bash – Celebrating Harmony in Cultures

Showcasing the traditions of the neighborhood's different cultures through dance, music and storytell-

exhibitions, music, games, agencies' resource exhibitions, sport demonstrations, kids' activities, BBQ, birthday cake, historic display, interactive Chinese live art performance and more.

Location: Hunt Club Riverside Park Community Centre, 3320 Paul Anka Dr. Ottawa, Ontario K1V 0J9

May13- May 22: Canadian Tulip Festival
Location: Different Venues across the city

April 8th-June11th: CANADA CANADA: Photographs by Rip Hopkins

This exhibition highlights the work of Rip Hopkins, an internationally renowned photographer. Over the course of a year, Hopkins made multiple visits to Canada, connecting with and photographing a variety of groups, activities and belongings in the Ottawa-Gatineau area.

Location:: Ottawa Art Gallery Annex
110 Laurier Ave , Ottawa, ON K1P 1J1

June 10: Party Like It's 1867

Jack Purcell Community Centre, 320 Jack Purcell Lane
Ottawa, Ontario K2P 2J5

June 10: "Celebrate Canada" Family Festival

Celebrating volunteerism and service to the community, the festival will feature: a parade (Canadian themes bikes decorating and costuming), a BBQ, old-fashioned picnic-type games (tug-of-war, 3-legged, wheelbarrow, potato sack races), Canadian-themed activities (face painting, temporary tattoos, trivia contest), a youth 3-on-3 basketball tournament, science and story-time activities, animal and musical petting zoos, art projects and stage entertainment (singers, dancers, music bands). -

May 6: *Ottawa in the World ... of Documentaries Series*

1) *Ottawans on the Move* will be held **May 6** at Centrepointe Theatre from 2PM to 5PM

2) *Ottawa Roots and Visions* will be held **May 20** at Saint Paul University (Auditorium) from 2PM to 4:30PM

May 27: Kanata-Carleton Cultural Festival. Earl of March High School & Sandwell Green Park, 4 The Parkway The 2017 Kanata-Carleton Cultural Festival is a full day of festivities and entertainment featuring Ottawa's Western area Arts and Cultural groups A diverse line up of Arts and Cultural groups drawing from Kanata, Stittsville, West Carleton-March and Goulbourn, will gather on 2017 throughout the day to present music, theatre, dance, singing and orchestral performances. The event will culminate in an evening concert of Canadian-themed performances by Kanata Theatre, Goulbourn Jubilee Singers, Kanata Symphony, West Ottawa Ladies Chorus, Kanata Choral Society, Goulbourn Male Chorus, Concert Band of Kanata and Linda Jamieson School of Dance.

Location: Earl of March High School & Sandwell Green Park, 4 The Parkway
Kanata, Ontario K2K 2B6

June 16 - June 18: Westboro FUSE

Westboro FUSE is a free, hip and exciting weekend-long street party and neighbourhood showcase, boasting interactive fun, family- friendly programming, live musical entertainment, fashion shows, culinary experiences, active lifestyle product demonstrations and retail programming.

Location: Westboro Village 261 Richmond Rd, Ottawa, ON K1Z 6X1

June 30 - October 15: MOSAÏCANADA 150/ Gatineau 2017

For 107 days, Jacques-Cartier Park will host the biggest horticultural event in Canada, with *MOSAÏCANADA 150/Gatineau 2017*. Mosaic culture is a most spectacular horticultural technique.

Location: Parc Jacques-Cartier, 350 Rue Laurier Gatineau, Quebec J8X 3W1

July 1: Celebrations at the Museum

Canadian Museum of History, 100 Laurier Street Gatineau, Québec K1A 0M8

June 23- September 10: KONTINUUM.

The Confederation Line of Ottawa's new LRT service is scheduled to launch in May 2018. To showcase this innovative mode of travel and to build anticipation for this new era of transportation in the nation's capital, the Lyon Station will be open to the public for a free, momentum-building multimedia journey in the summer of 2017.

Location: Lyon Station 361 Queen St.

June 16: Summer Sizzler "Canadiana Edition" – Celebrating its 10th anniversary and Canada's 150th

Blue Willow Park, Ottawa, Ontario Canada

A free outdoor BBQ, a 150th anniversary birthday cake and a movie in the park will kick off the summer of 2017. Activities will include bouncy castles, dunk tank, tethered hot air balloon rides, face painting, games, zorb racing, sport demonstrations, performers in vintage costumes, a tickle trunk for children, live music, dancing, beer garden, and live performances.

May 2017

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

June 2017

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

Mood Disorders Ottawa Speaker Night Presents

Dr. Laura Nichols



“Cultivating Happiness: making changes and taking chances”

Have you wondered how to live your best life? Researchers in the field of positive psychology have identified some of the habits that help people increase their happiness. This presentation will focus on methods to boost positive emotions and strengthen your mental health. Discussion of some of the choices and chances that help to create a meaningful and happy life will also be highlighted.

Dr. Nichols is a registered psychologist in the province of Ontario and works full-time in private practice in the west end of the city. Prior to starting her private practice Dr. Nichols worked at the Royal Ottawa Mental Health Centre in the Mood Disorders and in the Community Mental Health Programs.

Dr. Nichols specializes in the assessment and treatment of mood disorders including Bipolar Disorder, Depression, all Anxiety Disorders (including Panic Disorders, Generalized Anxiety, and Obsessive Compulsive Disorder) and addiction. She is active in several national and international professional associations and travels regularly to national and international conferences. She has received advanced training in Cognitive Behavioural Therapy and in Mindfulness Based Cognitive Therapy.

Outside of her psychology practice she enjoys running, photography and spending time with her husband, two feline munchkins, Zoe and Zak and their puppy Luca.

When: May 16th, 2017

Time: 7:30PM to 9:00PM

At Southminster Church 15 Aylmer Ave,
Ottawa (3rd Floor)

Monthly Speaker Nights are held on the third Tuesday of every month; Sept. to Nov. and March to May; and are open to the public. For more information please call 613-52605406 or email mdogrp@gmail.com

(613)526-5406 or by email mdogrp@gmail.com
www.mooddisordersottawa.ca

MDO speaker night presentations are for information purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. The views expressed are those of the speaker and do not necessarily represent those of MDO.