



Mood Disorders Ottawa  
**Mood for Thought**

## November/December 2016

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

*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](mailto: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 news letter.



**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



**Title:** *Snickers and a Handshake*

**Presenter:** *Tom Kelly, CPS, CRSS*

Mr. Kelly has nearly twenty years of work experience in the public mental health system. His experience includes providing technical assistance to community health agencies, provider agencies and health insurance companies. This experience includes helping to improve peer and family support services and instil the philosophy and practice of bringing the individual and family voice into the design, implementation, delivery, monitoring and evaluation of the services provided to the community.

Many of us know that the diagnosis of a mental illness can be quite overwhelming to the individual, their family, their coworkers and friends. Often people feel alone, wondering if they will recover and what the future holds. Although everyone’s experience is different it is often helpful to hear other people’s stories. By sharing his personal story about living with a mental illness, the presenter will offer some startling statistics about recovery along with an eight step process to help all individuals reach their full potential.

As an Executive Management Team member, Tom has had the opportunity to work with many CEO's, Senior Management staff, and front-line staff. Tom's 40 years of lived experience with depression and bipolar has taken him from the streets to the Board Room. Tom has designed and developed training to over 300 audiences across North America reaching over 10,000 people.

What people are saying after hearing Tom speak:

*"I love a twist, you nailed it. What an exercise in staving off assumptions about people, very impressive."*

~ Workshop participant

*"This was profound - more than I expected. Terrific pleasure to have connected with you!"*

~ Conference attendee

## **DISCOVERY 2000 Events**

*This year round program provides several 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](mailto:mdogrp@gmail.com)*

### **Movie Night November 1st and December 6th**

**6:00-6:45**

#### **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. But if you missed March, and come April and then every 2 months, you would still get 6/yr likely.

### **IMAX Movie November 24th 12:00-14:15**

**IMAX Theatre**

**Canadian Museum of History 100 Laurier Street, Gatineau**

Movie titles are not released until 10 days before the show. Once the title is known, we will contact those members who have signed up to inform you of the title. Cost will include Imax and access to Museum.

Please sign up by phone or email. Event is limited to 15 members at a cost of **\$3.00**. Show time will be 12 noon.

Sign in @ 11:30. Facilitators: Puja U. & Chris P. **Please have membership cards to show.**



Please join us for the **Christmas Dinner**  
**December 20, 2016**  
Southminster United Church, 15 Alymer Ave Ottawa  
**6:30 to 8:30 pm**

We always appreciate if you can bring some sweets and salads

If you have signed up for an event and at some point realize you will be unable to make it, please let us know so that you free up space for someone on the waiting list. Consistently signing up and being a no show and not telling us may impact your attendance at the next event.

### Recovery Explorations Drop-in Peer Support Group at CMHA



Canadian Mental  
Health Association  
Ottawa

Association canadienne  
pour la santé mentale  
Ottawa



#### What:

Recovery Explorations is a Peer Support group being offered at CMHA Ottawa. Like all peer support groups it is neither treatment nor therapy, however it does compliment them. This group is one in which people get together to share the recovery journey and all the common problems and experiences associated with it. In this group participants are given the opportunity to talk with others who are like themselves; other participants who get what they are going through.

#### Facilitator:

Tyrone Gamble, a peer support worker with expertise by experience, education and training. He has lived experience with the following issues and challenges: homelessness, substance use, trauma, anxiety, bipolar disorder, mood dysregulation, chronic pain, schizophrenia, suicide, etc.

If you have any questions about Peer Support and/or Recovery or what they are please feel free to contact me. My expertise includes peer support, recovery and

Thanks, Merci, Mutna, Qujannamiik, Miigwetch,

Tyrone Gamble  
Vocational and Volunteer Program Assistant  
CMHA Ottawa Branch  
301 - 1355 Bank Street  
Ottawa, ON K1H 8K7

# November 2016

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

# December 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 Movie Night	7	8	9	10
11	12	13 Peer support Group	14	15	16	17
18	19	20 Christmas Dinner	21 Peer support Group	22 Family support Group	23	24
25	26	27 Peer support Group	28	29	30	31