

Mood Disorders Ottawa

*Groupes d'entraide des troubles de l'humeur
d'Ottawa*

***Enhancing the quality of life of
people with mood disorders and
their loved ones.***

Mission Statement

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 activities
- WRAP® Programs
- Pathways to Recovery© Programs

- Monthly information meetings
- Newsletter
- Lending library
- Radio show
- Special events
- Website

What are Mood Disorders?

The term “mood disorders” includes depression, bipolar disorder, seasonal affective disorder and schizo-affective disorder. Symptoms can range from both long and short-term to mild-to-severe mood swings, which may be accompanied by anxiety. Mood disorders are medical conditions often treated successfully with medication, psychotherapy, peer support and alternative therapies.

Benefits of Peer Support

Peer support plays an invaluable role in recovery and is beneficial for consumers and their loved ones. Peers encourage each other and provide a sense of belonging, supportive relationships, valued roles, mentoring and community. We benefit from learning and sharing recovery oriented practices, including relapse prevention, self-help, lifestyle habits, experiential knowledge and skills, social learning and mutual empowerment. MDO provides the hopeful and motivating message of a better future – that people can and do live well with mental health challenges.

MDO Programs and Services

We provide small, drop-in, peer support groups for individuals to share experiences, challenges, opportunities and information through empowering and confidential discussions. Feel free to attend.

MDO Peer Support Group: A bimonthly peer support group, formerly known as Charlie's Rap Group, for adults with mood disorders. Meets on the 2nd & 4th Tuesday of each month, 7:15-9:15pm at CMHA, 1355 Bank St., 4th Floor (follow the signs). For more information call the MDO Info-line or send us an email.

Orleans Family Support Group: A monthly family support group for adult relatives and friends of people with mood disorders. Discussions are friendly and confidential. The group meets on the 3rd Thursday of each month, 7-9pm, at the Orleans United Church, 1111 Orleans Blvd. (at Fortune Blvd.). For more information call the MDO Info-line or send us an email.

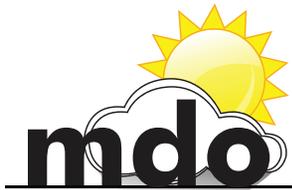
Discovery 2000 Subsidized Recreation Program: This year-round program provides several very low-cost recreational events each month for members with mood disorders. Outings include movies, museums, galleries, plays, and sporting events. All are welcome to participate, however, only members with mood disorders are subsidized. Kindly note that a family membership does not subsidize Discovery event costs for children (people under 18) or non-consumer relatives.

WRAP®: This 10 week program is intended to help you identify and use wellness tools that will help you manage your illness. Led by trained facilitators, the goal is to aid in your recovery and long term stability. For more information call the MDO Info-line or send us an email.

Pathways to Recovery®: Lead by trained facilitators, and based on the Pathways to Recovery Workbook®, this 12 week program focuses on how you can use your many strengths to set goals and then create a plan to achieve them. For more information call the MDO Info-line, send us an email or check the website.

Monthly Information Meetings: Held on the 3rd Tuesday of each month (Sep-Jun), 7:30-9:15pm. Includes a speaker or panel, a Q&A session and refreshments. Open to people with mood disorders, their loved ones and the interested public. Southminster Church, 15 Aylmer Avenue, (near the canal and Bank St.), 3rd Floor. Free parking and entrance at the back of the building. Call the MDO Info-line or check our website for upcoming speakers/topics.

MDO Lending Library: We offer a wide selection of books, magazines and videos at our monthly information meetings for loan to registered members.



Mood Disorders Ottawa

Address: c/o CMHA, 301-1355 Bank St
Ottawa, Ontario K1H 8K7

MDO Info-line: [613-526-5406](tel:613-526-5406)

Fax: 613-737-7644 Attention: MDO

Email: mdosupport@hotmail.com

Website: mooddisordersottawa.ca

Established 1986
CRA Registered Charity

Sound Mind Radio: Offers news, views and interviews on a range of mental health issues. Airs Wednesdays, 9:30-10:30am, on CKCU 93.1 FM (live on-line @ www.ckcufm.com) Call Heather at 613-722-2540 or email soundmindradio@yahoo.com.

Newsletter: To request a copy of our bimonthly newsletter, "Mood For Thought", leave a message on the MDO Info-line, email us or download a copy from our website. Feel free to send your submissions to MDO (Attention: Mood For Thought) via email or mail.

Membership and Donations

MDO relies on membership fees and donations. Complete our membership application and mail it to our office (see below) or bring it to one of our meetings. Please include your membership fee, cash in person or mail cheques payable to MDO. To obtain a membership form, leave a message on the MDO Info-line or send an e-mail.

Annual Membership Fees:

MDO has a number of very low cost membership plans for individuals, families and corporations. For details, check the website, leave a message on the MDO Info-line or send an e-mail.

*Tax receipts issued on donations \$10 or more.

Volunteering: MDO always needs and welcomes volunteers for a wide range of activities. Volunteering can be an important part of recovery for you and others. To volunteer, please leave a message on the MDO Info-line 613-526-5406 or email: mdosupport@hotmail.com.

MDO is a proud member of the following organizations, which offer information, services and resources, such as articles and research, courses and workshops, discussion groups, community events, support networks, and advocacy efforts.

- Mood Disorders Association of Ontario (MDO) www.mooddorders.on.ca/
- Mood Disorders Society of Canada (MDSC) www.mooddorderscanada.ca
- National Alliance on Mental Illness (NAMI) www.namiontario.ca
- Ontario Peer Development Initiative (OPDI) www.opdi.org
- Champlain Peer Network (CPN) www.champlainpeernetwork.ca/
- Ontario Federation of Community Mental Health and Addiction Programs (OFCMHAP) www.ofcmhap.on.ca/
- Champlain Mental Health Network (CMHN) <http://ato.smartcapital.ca/cmhn>
- Psychiatric Survivors of Ottawa (PSO) www.psychiatricurvivors.org/

MDO does not provide counselling, crisis or referral services. If in need of immediate care, please call:

The Mental Health Crisis Line:
613-722-6914 or 1-866-996-0991
The Ottawa Distress Centre:
613-238-3311

For general information on mental health services, please contact CMHA at 613-737-7791 or www.cmhaottawa.ca

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