



Welcome

Dear Members,

As we embark on another exciting season, we are thrilled to welcome you to our latest edition of *Mood for Thought*. Our community continues to grow and thrive, thanks to your unwavering support and active participation. Each of you plays a vital role in making our organization a vibrant and dynamic place to connect, learn, and flourish.

In this issue, we have lined up some exciting updates, upcoming events, and inspiring stories that reflect the remarkable spirit of our members. We hope you find this newsletter both informative and engaging.

Thank you for being an integral part of our community. We look forward to another fantastic season filled with opportunities to connect and grow together.

Your Board of Directors

MDO CALENDAR

Discover all the exciting programs we offer and register today by visiting our MDO website.

www.mooddisordersottawa.ca

Keep an eye for our summer program coming out in June!

NOTE: The Saturday Night Social and Sunday evening Game Night have been postponed until further notice. We will update our website with the latest info information as soon as it is available.

What is MDO?

Mood Disorders Ottawa (MDO) is a volunteer-driven organization, operated by and for people with lived mental health experiences.

At MDO, people find acceptance and support knowing they are not alone in facing their challenges.

Through mutual support and co-learning, we inspire hope in each other by embracing unconditional acceptance, nurturing hope, breaking down stereotypes, and affirming our **limitless potential**. Together, **we** demystify myths and prejudices, proving that people with mental health experiences lead fulfilling and meaningful lives.

MDO achieves these outcomes by providing resources, facilitating support groups, and offering social and recreational activities for individuals and families alike.

Confidential peer-run activities include:

Support Groups, Speaker Nights, Recreational and Social Activities, and Recovery Programs (W.R.A.P. and Pathways to Recovery) and much more...

MDO strives to embrace inclusivity and diversity by promoting unconditional acceptance.

**Updated Code of Conduct and Comfort Agreement:
Check our website for more information.**



Mood Disorders Ottawa

Mood for Thought

April 2025

Info Line: 613-526-5406

Email: info@mooddisordersottawa.ca

<https://www.mooddisordersottawa.ca/>

News updates

WINTER HOLIDAY PARTY

We extend a warm and genuine thank you to everyone who joined us for our 2024 winter holiday party at Swiss Chalet. With 38 attendees, we enjoyed a festive evening filled with new friendships and familiar smiles. Your presence made the event extraordinary, and we are grateful for each one of you who celebrated with us.



SPEAKERS NIGHT: JANUARY 2025

Dr. Jess Fiedorowicz, Head of Mental Health at the Ottawa Hospital, shared the findings from his study on blue-blocking glasses during January's Speakers Night to a large group of enthusiasts. The study assessed the efficacy of these glasses in treating mania in individuals with bipolar disorder, as well as their impact on sleep patterns and circadian rhythms, with the aim of applying the results to real-world healthcare settings.

While the results of Dr. Fiedorowicz's study were not definitive, his dedication to exploring innovative approaches for managing mental health conditions was commendable. His passion for enhancing healthcare delivery was both evident and inspiring to witness.

HYBRID MODEL OF DELIVERY FOR PATHWAYS TO RECOVERY

Since April 9, 2025, MDO has embraced an innovative hybrid format for our renowned Pathways to Recovery group. This marks the first time we are offering the flexibility to attend sessions both in person and virtually, ensuring that our transformative recovery programs are more accessible than ever before.

Whether you prefer the connection of in-person gatherings or the convenience of virtual participation, you will find a welcoming and empowering environment tailored to your needs.

Join us on this new journey and be a part of an inclusive community committed to recovery and personal growth.



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April 2025

Coming events

Spring Fling-Virtual Party: Sunday, April 27, 2025 from 6:30 pm to 8:30 pm.

Lots of fun, laughter, games and prizes.

Summer schedule of support groups, programs and events: Released first week of June.

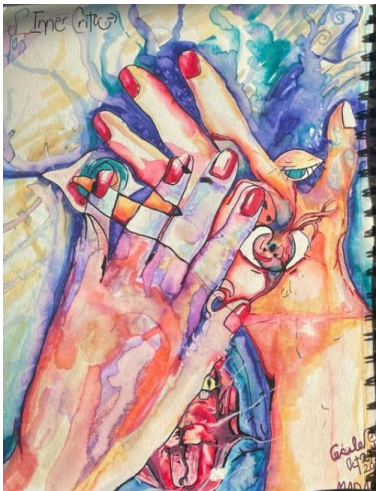
Keep an eye out and register to participate.

Summer Picnic in the Park: Andrew Hayden Park, Tuesday, July 15, 2025.

A free meal from Subway, for registered MDO members, games and prizes.



Artist of the month : Cecile



In 2024, Cecile's artistic journey and sense of wellness flourished, unveiling a world rich with vibrant colors and dynamic perspectives. Her involvement with Mad Art since autumn 2022 has been pivotal, nurturing her creativity and curiosity. Cecile's work explores themes of hope and the nuanced darkness associated with mental illness, seeking to connect with the community and offer outsiders a window into her world. Always drawing, painting, and crafting pendants, Cecile's Instagram,

@motherjordfantasyart,

dives into her journey with BPD, offering insight and inspiration.





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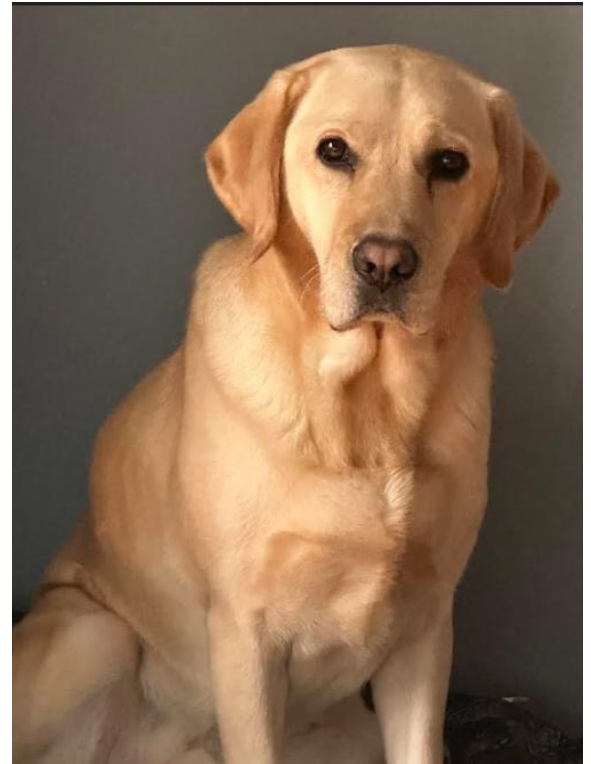
Pet of the month : Pete

We are excited to introduce Pete III, lovingly known as Pete, the dog of Carman, our valued MDO board member. Pete is a 4-year-old Labrador retriever who has recently become a licensed Canadian Guide Dog for the Blind.

Pete has seamlessly adapted to his new family, demonstrating his friendly and affectionate nature, especially enjoying the company of his new fluffy friend, Charlie, who is part Maine Coon cat.

Whether he is on long walks with his owner or snuggling up for some well-deserved rest, Pete brings joy and companionship to all around him.

We are delighted to welcome him to our community and look forward to the warmth he will surely continue to share with us.



Closing thoughts

Thank you for taking the time to explore this edition of *MOOD FOR THOUGHT*. We are inspired by the passion and engagement of our community, and we hope you found the updates and stories insightful.

As we move forward, remember that your feedback and ideas are invaluable to us. Please feel free to reach out with any thoughts or suggestions. Together, we can continue to build a thriving and supportive environment for all. Until next time, take care and stay connected!

New Movie Card Draw Regulations

Available on our Website.





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