

Mood for Thought



Newsletter

Fall 2025

CONTACT INFORMATION

We'd love to hear from you!

For information or to register for any of our events and programs,

feel free to reach out to us by phone or email.

You can also visit the MDO website for more details.

We can't wait to connect with you!

Info Line: 613-526-5406

Email: info@mooddisordersottawa.ca

Website: www.mooddisordersottawa.ca

WELCOME

Mood Disorders Ottawa (MDO) is pleased to present the Fall Edition of *Mood for Thought*.

This issue introduces the newly elected Board of Directors, who are committed to leading the organization into a promising future.

The newsletter includes updates, upcoming events, and inspiring stories that reflect the vibrant spirit of MDO's members. MDO continues to foster a supportive and inclusive environment where individuals can connect, learn, and thrive.

Warm regards,

The Board of Directors

What is MDO?

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

At MDO, members find acceptance and support, knowing they are not alone in facing their challenges. Through mutual support and co-learning, MDO aims to inspire hope, break down stereotypes, and affirm our limitless potential.

MDO offers:

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

MDO embraces inclusivity and diversity, promoting unconditional acceptance and fostering a community where everyone can thrive.

Introducing MDO's 2025-2026 Board of Directors

MDO is thrilled to introduce its newly elected Board of Directors, who was voted in by acclamation at the Annual General Meeting on September 22nd, 2025.



As a volunteer-run organization, the Board is responsible for overseeing the management and operations of MDO. For instance, the Board of Directors manages strategic planning, budgeting, program development, fundraising, volunteer recruitment, community engagement and communication for the organization.

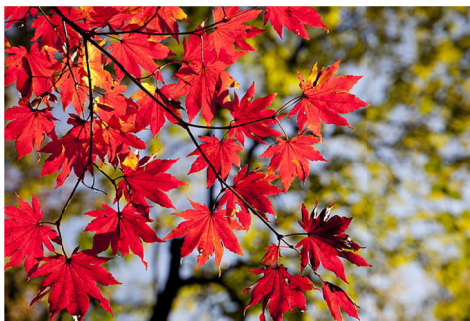
The Board of Directors convenes once a month, specifically on the second Wednesday. During the inaugural meeting on October 8th, 2025, Nancy was elected as Chair, Chris as Vice Chair, and Neil resumed his role as Secretary. MDO extends gratitude to Carrie for her exceptional four years of leadership as Chair and Treasurer!

The current board of Directors is composed of 11 of 13 members, including:

- Nancy (Chair)
- Chris (Vice-Chair)
- Neil (Secretary)
- Mylene (Treasurer)
- Alex
- Carrie
- Joanne
- Lucie
- Yvan
- Maxwell
- Roman

MDO warmly invites anyone interested in joining the Board of Directors to reach out via email or phone. MDO encourages individuals with diverse backgrounds and expertise to apply.

If you're passionate about making a difference, we'd love to hear from you soon!



FALL PROGRAMMING

Fall into Fun with MDO!

This season, MDO has a fantastic lineup of events and activities to meet all your needs! From support groups to creative sessions, there's something for everyone. Stay

engaged, connect with peers, and embrace the warmth of community this fall. Don't miss out—check the schedule on MDO'S website and join us for some amazing experiences!

RECOVERY PROGRAMS

Wellness Recovery Action Plan (WRAP)

MDO'S 10-week WRAP program began on October 20th, 2025, and is held in person at the Ottawa Hospital, Civic Campus on Monday evenings from 6 PM to 8 PM.

Registration is currently closed but stay tuned for the next opportunity to join this group and seize the opportunity to build your mental health toolkit and create a personalized action plan to manage and maintain your wellness!

Writers Collective of Canada

Join your peers on Mondays from 6:30 PM to 8:30 PM for a friendly writing session led by trained peer facilitators!

Unleash your creativity with poems, free writing, and more. Let the writer in you shine!

Whether you're an experienced writer or just beginning, everyone is welcome in this non-judgmental space.

Drop-in.

To register, please visit our website for more information and to complete the process.

Pathways to Recovery

MDO is excited to share that “Pathways to Recovery” program has already started on October 1st, 2025! This popular group is renowned for its structured curriculum, led by peers who understand the mental health journey.



This comprehensive 12-week program is designed to support your healing and growth, offering valuable tools and strategies for mental wellness.

Registration is currently closed, but stay tuned for the next opportunity to join this group!

Jot-a-Lot, Journaling Squad

Unlock your creativity and self-reflection with MDO'S 10-week peer-led journaling program, Jot-a-Lot!

Whether you're a seasoned writer or just starting out, this space encourages exploration and growth.

Discover the power of your words in a supportive environment.

Drop-in.

To register, please visit our website for more information and to complete the process.

PEER-LED SUPPORT GROUPS

Join MDO'S Peer-led Support Groups and find a safe, welcoming space to share and connect! Led by trained peers who understand the journey of mental health challenges, these groups foster empathy, understanding, and hope.

Share experiences, build resilience, and find community with those who relate to your struggles.

Tuesday Peer Support Group

- In-person
- 6:30 PM to 8:30 PM

Thursday Peer Support Group

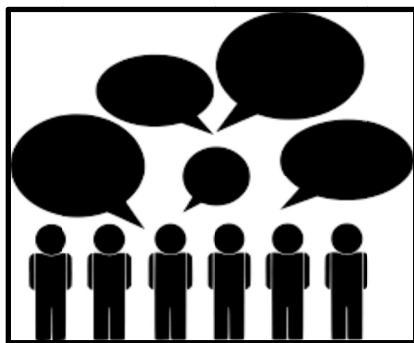
- Virtually
- 6:30 PM to 8:30 PM

Everyone is welcome—let's support each other together!

Drop-in.

To register, please visit our website for more information and to complete the process.

VIRTUAL DROP-IN CHAT GROUPS



MDO offers two kinds of Virtual Drop-in Groups to meet all your needs!



1. Mugs Up

Looking for a casual conversation with peers and connecting with others?

Join “Mugs Up” every Monday and Wednesday mornings from 9:30 AM to 11:30 AM.

These supportive drop-in groups let you connect, share, and relax—all while sipping your favorite beverage.

Everyone is welcome, so come as you are and let’s chat!

Drop-in.

To register, please visit our website for more information and to complete the process.

2. Creative Connections

Join “Creative Connections” every Friday from 9:30 AM to 11:30 AM!

Bring your art projects and connect with fellow peers in a supportive space. Share your ideas, get feedback, and inspire each other while celebrating the joy of artistic expression.



It’s a wonderful opportunity to relax, chat, and showcase your creativity.

Everyone is welcome—let’s create together!

Drop-in.

To register, please visit our website for more information and to complete the process.

EVENTS

Virtual Fall Ball Party



The Virtual Fall Ball Party was a huge success on November 2nd, 2025!

We enjoyed an evening filled with engaging trivia, lively music, creative crafts, and exciting games, mixed with lots of gift card draws. Wrapped in our warm sweaters and sipping cozy hot drinks, the gathering provided a delightful opportunity to connect with friends and meet new acquaintances, all while celebrating the festive spirit of the fall season!

Join Us for MDO's Annual Winter Holiday Parties!

This year, Mood Disorders Ottawa (MDO) is thrilled to host both an in-person dinner at Swiss Chalet and a lively virtual party! They warmly invite everyone to join in the festivities, whether in person or online. MDO looks forward to celebrating together and hopes you'll be part of one or both of these joyous events!

In-person Party



Get ready to celebrate the festive season at Swiss Chalet!

Join your fellow MDO members on December 16th, at Swiss Chalet (2150 Carling Ave #2, Ottawa, ON K2A 1H1), for a memorable evening filled with great food and wonderful company.

- Date: Tuesday, December 16th
- Time: 6:00 pm - 8:00 pm
- Where: Swiss Chalet (2150 Carling Ave #2, Ottawa, ON K2A 1H1)
- Register on MDO's website

✦ Meal is **FREE** for Members! ✦

This is a fantastic opportunity to connect in person with like-minded individuals, share stories, and build lasting friendships.

Don't miss out on the holiday cheer and delicious food!

See you there!

Virtual Party



Mood Disorders Ottawa is thrilled to invite you to our Holiday Virtual Party! Join us as we celebrate the season, share joy, and connect with one another.

- Date: Sunday December 21st
- Time: 6:00 pm - 7:30 pm]
- Where: Online (link provided upon registration)

What to Expect:

- Fun festive games and activities
- Joyful holiday music
- A cozy atmosphere for connection
- Exciting prize draws

Whether you want to show off your favorite holiday sweater, bring a warm drink, or simply join in the fun, members are welcome!

Let's create some wonderful memories together. We can't wait to celebrate with you!

Register on MDO'S website to one or both Holiday Parties, and let's make this winter a season to remember!

Cineplex Movie Program!



Exciting news for MDO members!

Every month, MDO encourages members to enjoy the activity of movie watching by registering to receive one of 10 Cineplex gift cards randomly drawn. With limited funding available, each member is eligible to accept a gift card every other month, until a limit of 2 unused cards is reached.

Don't miss your chance to catch the latest film!

Register for this monthly before 8pm on the 21st and let the show begin!

For MDO members.

Registration required before the 21st of each month.

Membership Renewal Reminder: Your Support Matters

As MDO gears up for an exciting new season, we warmly invite you to renew your membership. Your ongoing support is essential in helping us sustain MDO'S organization and the valuable services it provides.



By renewing your membership, you unlock exclusive benefits, including:

- **Free Access to Special Events:** Enjoy the virtual parties and in-person Winter Holiday Dinner and Summer Picnic, where many exciting prizes are given away!
- **Special Draws:** Participate in exclusive giveaways like Cineplex card draws, adding extra fun to your membership.

While all of MDO'S support groups, recovery-oriented programs and activities are free, 100% of membership fees go towards essential operational costs, including:

- **Zoom Accounts:** For virtual meetings and groups.
- **Administrative Fees:** Covering phone, stamps, paper, and communication materials.
- **Outreach:** Helping MDO reach more individuals in need of support.

By renewing your membership, you not only invest in MDO'S community but also in the lives of those who are supported by its services.

For any questions or concerns about the renewal process, please reach out.

Together, let's continue to build a supportive community.

Featured Pet

Introducing Cocoa the 2nd: A Purr-fect Addition!

We're thrilled to announce the newest member of MDO'S community: Cocoa the 2nd!

This petite, 1-year-old female tortoiseshell cat belongs to our very own Joanne, a valued board member.



Cocoa is brimming with energy and affection. Her loud purr and love for snuggling make her the perfect cuddle buddy. Always ready for playtime, she particularly adores her multicolored string toy.

Joanne fell in love with Cocoa's adorable picture on the humane society's website and decided to make her a part of the family.

Let's give a warm welcome to Cocoa the 2nd!

Testimony

Finding journaling as a practical tool for enhancing my mental health

Participating in the Jot-a-Lot journaling peer-led group, facilitated by Nancy and Sheila, has been a worthwhile experience. It has allowed me to explore journaling as a practical tool for enhancing my mental health.

I've learned about various types of journaling, like gratitude and bullet journaling, each offering unique benefits. Setting intentions has also been a key focus, helping me approach my writing with purpose and clarity.

The group discussions have been informative, with valuable exchanges that inspire me to try new techniques. Nancy and Sheila foster a supportive atmosphere, balancing informative guidance with safe space for us to share our own experiences.

Overall, Jot-a-Lot has provided me with useful tools for my mental health, and I appreciate the insights from both the facilitators and fellow members as I continue to develop my journaling practice.

Danielle

Closing

Thank you for your continued support! We hope you're as excited as we are about the upcoming programs and events

If you have any ideas, suggestions, or would like to volunteer or become a peer facilitator, we would love to hear from you. Please reach out to the Board to share your ideas and interests via email or phone.

Thanks once again for being a part of the MDO community!

Thank you for being an essential part of the MDO community! Your involvement makes all the difference, and together, we can achieve great things!

MDO Fall 2025 Calendar

Weekly Events

Mondays

- **WRAP Program:** 6 PM - 8 PM (Ottawa Hospital, Civic Campus, registration closed)
- **Writers Collective of Canada:** 6:30 PM - 8:30 PM (Drop-in, registration required)
- **Mugs Up:** 9:30 AM - 11:30 AM (Virtual Drop-in, registration required)

Tuesdays

- **Peer Support Group:** 6:30 PM - 8:30 PM (In-person, drop-in, registration required)

Wednesdays

- **Mugs Up:** 9:30 AM - 11:30 AM (Virtual Drop-in, registration required)
- **Board of Directors Meeting:** The 2nd Wednesday of the month

Thursdays

- **Peer Support Group:** 6:30 PM - 8:30 PM (Virtual, drop-in, registration required)

Fridays

- **Creative Connections:** 9:30 AM - 11:30 AM (Virtual Drop-in, registration required)

December 2025

- **December 16: Annual Winter Holiday Dinner** at Swiss Chalet (2150 Carling Ave #2, Ottawa, ON K2A 1H1)
Meal is FREE for members! Registration required.
- December 21]: **Annual Winter Virtual Holiday Party.** *Registration required.*
- **December 10: Board of Directors Meeting** (Second Wednesday of the month)

Monthly Events

- **Cineplex Movie Program:** Cineplex gift card program (Registration required before the 21st of each month)
-

Ongoing Programs

- **Jot-a-Lot Journaling Squad:** 10-week peer-led journaling program (Drop-in, registration required)
 - **Pathways to Recovery:** 12-week program (Registration closed)
 - **WRAP Program:** 10-week program (Registration closed)
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Winter Programs Coming Soon

For more details or to register for events, visit

Website: www.moooddisordersottawa.ca

or contact us at

Info Line: 613-526-5406

Email: info@moooddisordersottawa.ca

