



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

Mission Statement

Mood Disorders Ottawa (MDO) is a peer-run volunteer organization. Members of MDO and individuals living with a mood disorder, along with 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 different resources and activities for our members and their family and friends, which include:

- Confidential peer support groups
- Subsidized recreational activities
- WRAP® programs
- Pathways to Recovery© programs
- Speaker nights
- Newsletter
- Lending library
- Special events

What are Mood Disorders?

The term “mood disorders” includes all those conditions outlined in the most current printing of the Diagnostic and Statistical Manual of Mental Disorders (DSM). Symptoms can range from short to long-term, and have mild to severe mood disturbances that affect the quality of life of an individual. Mood disorders are medical conditions often treated successfully with a combination of medication, psychotherapy, peer support and alternative therapies.

Benefits of Peer Support

Peer support plays an invaluable role in recovery and is beneficial for peers 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.

Programs and Services

We provide an environment for individuals to share experiences, challenges, opportunities and information through different activities. Feel free to come to our activities or contact MDO beforehand for more information.

MDO Peer Support Groups:

A peer support group for adults with mood disorders where discussions are confidential in a safe environment. We meet on the 2nd & 4th Tuesday of each month and the Wednesday in-between from 7:15-9:15pm at the CMHA offices (1355 Bank St., 4th floor).

Discovery 2000 - Subsidized Recreation

Program: This year-round program provides a variety of very low-cost recreational events each month for MDO members. Outings include movies, museums, restaurants, plays, sporting events, etc. 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. Lead by trained facilitators, the goal is to aid in your recovery and long-term stability.

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.

Speaker Nights: Held on the 3rd Tuesday of each month (No sessions in December or the summer months) from 7:30-9:15pm at the Southminster Church (15 Aylmer Ave, 3rd floor, entrance at the back of the building). Includes a speaker, a Q&A session and refreshments. Open to people with mood disorders, their loved ones and the interested public.

Newsletter: Announces upcoming activities, special events, future workshops, speaker night topics, and written material by members, our newsletter “*Mood for Thought*” will keep you informed on everything you need to know about MDO. To request a copy of our bi-monthly newsletter “*Mood for Thought*”, leave us a message on the MDO Info-line, email us

or download a copy from our website. Feel free to send in your submissions to MDO (Attention: *Mood for Thought*) via email or regular mail.

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

Special Events: Any event happening outside of the previously mentioned activities/programs, ranging from summer BBQ, Christmas Dinner, various workshops, etc.



Address: c/o CMHA, 301-1355 Bank St
Ottawa, Ontario K1H 8K7
MDO Info-line: 613-526-5406
Fax: 613-737-7644 Attention: MDO
Email: mdogrp@gmail.com
Website: www.mooddisordersottawa.ca
Facebook: MoodDisordersOttawa

Established 1986
CRA Registered Charity

*Tax receipts issued on donations of \$20 or more.

Annual Memberships Fees

Complete our membership application and mail it to our office or fill it out during one of our activities. Please include your membership fee by cash if paying in person or mail cheques payable to MDO. We have

several very low-cost membership plans for individuals and families. For details or to obtain a membership form, leave us a message on the MDO Info-line, send us an email or print a copy from our website.

Donations

MDO relies heavily on donations to provide our programs and services since it's a peer-run volunteer organization. Tax receipts will be issued on donations of 20\$ or more. Thank you in advance for your generous contributions.

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 as well. To volunteer, please leave a message on the MDO Info-line or email us.

Other Resources

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 (MDAO) www.mooddisorders.ca
- Mood Disorders Society of Canada (MDSC) www.mdsc.ca
- National Alliance on Mental Illness (NAMI) www.nami.org
- Ontario Peer Development Initiative (OPDI) www.opdi.org
- Champlain Peer Network (CPN) www.champlainpeernetwork.ca
- Addictions and Mental Health Network of Champlain (AMHNC) <http://www.amhnc.ca/>

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.ottawa.cmha.ca

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