



TS Ottawa - February 2021 Newsletter

Tourette/TSOttawa Newsletter: Tuesday, February 9, 2021

Hi everyone,

Here are a few items of interest this month:

1. TS Ottawa Chapter Virtual Support Group

Parent support meetings are held every 2nd Tuesday of the month and youth support meetings will be held every 2nd Thursday of the month. Upcoming meetings are as follows:

Parent Support Group: Tuesday February 9th 7:00pm

Use the following Zoom link to join the meeting:

<https://zoom.us/j/4839911864?pwd=VWZ0QVp0MWTpeGI0WXdWWm9VVHpjdz09>

Youth Support Group (Ages 16 to 21): Thursday February 11th 7:00pm

Use the following Zoom link to join the meeting:

<https://zoom.us/j/4839911864?pwd=VWZ0QVp0MWTpeGI0WXdWWm9VVHpjdz09>

2. Fun in '21 Trivia Night Fundraiser - Sunday February 21

Tourette Ottawa is hosting a virtual Trivia Night fundraiser Sunday February 21 @ 7:00PM for \$21.00. Come join us, test your trivia knowledge and win some prizes!! Please email info@tsottawa.com to register for this event. Proceeds from the event will go towards our chapter activities that support Ottawa area families and individuals affected by Tourette Syndrome.

3. Tourette Canada Virtual Support Groups

Tourette Canada is offering Virtual Peer Support Groups that are small, facilitated peer support groups that meet regularly online using videoconferencing. Groups are limited to no more than eight participants and each group is accessible only to the members of that group. They currently offer support groups for:

- Adults
- Parents
- Youth (13-18)

For more information: <https://tourette.ca/support/all-programs-services/virtual-community-for-tourette/>

4. Did you know...

Tics wax and wane and can increase, decrease and change throughout a person's lifetime. Tics that a person has as a young child could be different and at a different severity than when they are a teenager.

5. Youth Corner

Check out this inspirational blog – [TicTastic](#) - by 14-year-old Wilamena who lives in the UK. Wilamena did this blog to bring awareness to help other people that also have Tourette syndrome: she talks about her story, daily life, tics, struggles and tips on how to cope. There is LOTS of great information for everyone!

6. FlipGive

This year, we want to make our fundraising efforts for Tourette Syndrome-Ottawa Support Group easier by using a platform called FlipGive. Funds raised with FlipGive will help us with the costs of signs for our OC Transpo awareness campaign. Simply join our team on FlipGive and start shopping through the app or our team website page and we'll earn money every time you shop with popular brands like Well.ca, Starbucks, Indigo, Sportchek and Esso. Join our team now by clicking here: https://flipgive.app.link/teams/join?fundraiser_name=Tiffany+Cowan-Svidran&joincode=NRTSRV (If you are prompted for a join code, enter NRTSRV).

Here is a handout that explains FlipGive in more detail: https://www.flipgive.com/flipgive-getting-started.pdf?campaign_id=241573

If you have any questions, please email us at info@tsottawa.com.

TS Ottawa Chapter

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