



# TS Ottawa - January 2021 Newsletter

Tourette/TSOttawa Newsletter: Tuesday, January 12, 2021

Happy New Year to everyone in the TS Ottawa community!

We hope that 2021 brings you and your families good health and happiness (as well as a gradual return to normal) during the COVID-19 pandemic. Despite the rising numbers, there is reason for optimism with vaccines now starting to roll out.

Here are a few items of interest this month:

## **1. Fun in '21 Trivia Night Fundraiser - Thursday January 21**

Tourette Ottawa is kickstarting the New Year with hosting a virtual Trivia Night fundraiser Thursday January 21 @ 7:00PM for \$21.00. Come join us, test your trivia knowledge and win some prizes!! Please email [info@tsottawa.com](mailto: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.

## **2. TS Ottawa Speaker Series - Tuesday January 19th at 7pm**

Information about the next speaker in our Speaker Series appears below. This session is free of charge and will be hosted virtually on Zoom. Use the following Zoom link to join the meeting:

## Dr. James Brazeau - Cognitive Behavioural Intervention for Tics (CBIT)



Dr. James Brazeau is a clinical and health psychologist registered in Ontario. Dr. Brazeau is a full-time clinician at the Center for Pediatric Excellence in Ottawa, Ontario. His clinical work focuses on psychoeducational assessments, psychotherapy, and providing supervision to students and early career psychologist. He works with children, adults, and families in treating a variety of mental health concerns including tic disorders, repetitive behaviour disorders, ADHD, anxiety, and depression. He also has an interest in teaching other professionals CBIT as well as Acceptance and Commitment Therapy (ACT).

### 3. Ottawa Chapter Virtual Support Group Schedule

Starting February, our parent and youth support group meetings will be hosted once a month. Parent support meetings will be held every 2nd Tuesday of the month and the youth support meetings will be held every 2nd Thursday of the month.

Upcoming meetings:

1. Parent Support Group: Tuesday February 9th 7:00pm  
Use the following Zoom link to join the meeting:  
<https://zoom.us/j/4839911864?pwd=VWZ0QVp0MWtpeGl0WXdWWm9VVHpdz09>
2. 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=VWZ0QVp0MWtpeGl0WXdWWm9VVHpdz09>

### 4. 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 video-conferencing. 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/>

### 5. Coping with COVID-19 - Stories from the Community

*Hello,*

*My name is Louis Phillipe and I am 29 years old. I love to walk with my dog, Ginger, and to play hockey. I am a Sens fan and I like to watch them win, but it doesn't happen very often!*

*I also have Tourette Syndrome. I was diagnosed with Tourette Syndrome at the age of five. One of my tics that comes and goes is that I need to touch people, which of*

*course is not helpful when I am in public during COVID. I also have a tic that is very hard to control and it is that I need to grind my teeth together. When this happens, I like to chew gum. I also scream phrases or words and people don't understand and stare at me or say rude things to me.*

*I have not been able to keep a job because my different employers didn't understand TS and were inflexible with my duties.*

*I really enjoy doing physical activity and when I keep busy at work I tic less, but they are still always there, so it is hard for me to keep a job and remain indifferent.*

*What sometimes helps me to "reset" is listening to calm, relaxing music or breathing exercises.*

*Thank you for reading my story and I hope to spread awareness to everyone.*

*Happy New Year!*

If you have a story or reflection on how you (or a member of your family) are coping these days and would like to share in a future newsletter, please feel free to send it to us at [info@tsottawa.com](mailto:info@tsottawa.com).

## 6. Resources

The Center for ADHD Awareness Canada provides great resources and supports for parents and individuals with ADHD. Check out their current awareness campaign on "ADHD Right to Learn" and upcoming Webinar events at: <https://caddac.ca/adhd/>.

## 7. 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](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](https://www.flipgive.com/flipgive-getting-started.pdf?campaign_id=241573)

If you have any questions, please email us at [info@tsottawa.com](mailto:info@tsottawa.com).

## TS Ottawa Chapter

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