

October 2017



November 5 is the International Volunteer Managers Day. Volunteers are at the core of what we do, and we thank our volunteer managers, coordinators, and trainers. They are the voice for over 1,800 volunteers spread across our member organizations.

To Be or Not to Be (Stressed): The Critical Role of a Psychologically Healthy Workplace in Effective Stress Management

Life in the 21st century is rife with stress for all of us. Stress management is a potent issue that we constantly struggle with in our attempt to reduce stress. This article, originally published in the Stress and Health journal, explains how practices that pertain to a psychologically healthy workplace can be used to develop a comprehensive approach to stress management in work organizations.

[Read more...](#)



New from DCO Learning Forums: Diversity, Equity and Inclusion

Our societal diversity is seen in the presence of a wide range of human qualities and attributes. The dimensions of diversity include, but are not limited to, ancestry, culture, ethnicity, gender, gender identity, language, physical and intellectual ability, race, religion, sex, sexual orientation, and socio-economic status. The ever-complex combination of factors that determine a person's identity and situation can pose a challenge in addressing the needs of those seeking assistance.



[Read more...](#)

Introducing the 2017 SOV Nominees, Part Two

Over the last few issues of the *e-News & Views*, we have introduced you to our 2017 SOV recipients and some of our nominees. This month, we bring you the last of our nominees for the 2017 Spirit of Volunteerism. It has been a pleasure to introduce to you these wonderful volunteers who do remarkable work for their centres and for their communities.

[Read more...](#)



DCO Welcomes New Board Member, Jade Surgeoner

There are some occupations that span all professional sectors and can be taken all over the world. Accounting is one such specialty that can be applied to any organization - creative, medical, construction, not-for-profit, etc. DCO's new Board member, Jade Surgeoner, is a CPA certified professional accountant who loves to work with numbers and apply her knowledge to not only her day-to-day occupation, but to areas that she is passionate about, namely, suicide prevention and engagement.



[Read more...](#)

CMHA's Support Line Celebrates Its First Year

The CMHA Support Line celebrates its first year anniversary next month, with 150 volunteers taking more than 16,000 calls since November 2016. The Support Line has developed partnerships with local vocational colleges, successfully supported student internships, and partnered with University of



Canadian Mental
Health Association

Association canadienne
pour la santé mentale

Western Ontario students in a Community-Engaged Learning project to evaluate call data and provide information around trends, predictions, and needs to improve program development.

[Read more...](#)

DCO Upcoming Events and Schedule of Meetings

DCO Board of Directors

January 23, 2018
April 13, 2018
June 13, 2018

DCO Annual General Meeting

June 23, 2018
Location TBD

Spirit of Volunteerism Recognition (SOV)

June 23rd, 2018
Location: TBD

Program & Service Recognition Presentation (PSR)

June 23rd, 2018
Location: TBD



Upcoming Learning Forums Videos

Aging

Distress and Crisis Ontario | Centres de Détresse et des Crises d'Ontario
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