



To acknowledge the achievements of our member organizations, the DCO Board invites you to nominate a program, service, or group of service providers for the Program and Service Recognition (PSR). [Click here for more information](#)

or contact jgrigsby@dcontario.org for nomination and consent forms. Nominations close at midnight on June 2nd.

April 2016

Learning Forums: Hoarding

DCO's online learning program includes helpful information on a variety of topics related to the distress and crisis work in which our member centres engage. This month, we present our latest addition: Collecting or Hoarding.

[Read more...](#)



Fundraising Psychology Part Three: The Numbers Game

Up to this point in our Fundraising Psychology series, we have discussed ways that emotions and sympathy encourage people to donate, but eventually the donor has to choose an amount to give. Sooner or later, numbers come into play. In this article, we will cover when and how to use statistics and numbers in your fundraising campaigns.

[Read more...](#)



9th Annual Spirit of Volunteerism Recognition

Every year, DCO recognizes and celebrates the significant contributions of volunteers who bolster the important work our member centres provide to our communities.

Once again, DCO sent out a call for nominations for the 9th Annual Spirit of Volunteerism Recognition, and we received

13 stellar nominations.

[Read more...](#)

How the Workplace Can Nurture Mental Health

Rather than causing distress that allows mental illness to flourish, the workplace can actually be a place that nurtures well-being, according to Bill Wilkerson, former advisor to the Toronto Blue Jays and the CFL, and advocate for workplace mental health.

[Read more...](#)



World Suicide Prevention Day

Connect, communicate, care is the theme of the 2016 World Suicide Prevention Day. These three words are at the heart of suicide prevention. The first World Suicide Prevention Day (WSPD) was held in 2003, an initiative of the International Association for Suicide Prevention and the World Health Organization. Since then, World Suicide Prevention Day has taken place on 10th September each year.

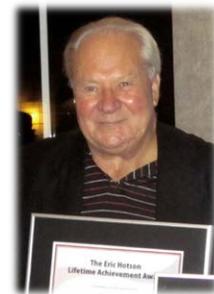


[Read more...](#)

In Memorium: Chester Rosen

It is with sadness we acknowledge the passing of Chester Rosen on Tuesday, April 26. Chester was the backbone of Telecare Cambridge and a pillar of the distress centre movement in the Cambridge area. His loss will be keenly felt by all who knew him.

[Read more...](#)



DCO Upcoming Events and Schedule of Meetings

SOV Gala Reception and Dinner

June 20
Location TBD

DCO Annual General Meeting

June 20
Location TBD

Board of Directors

June 20
October 19

Education Committee

May 26
June 23

Finance Committee

May 17
June 20

Governance Committee

TBD

ONTX Steering Committee

TBD

Upcoming Learning Forums Videos

Post-Traumatic Stress Disorder
Mental Health First Aid
Obsessive Compulsive Disorder



News from our Member Centres

London and District Distress Centre

[Laugh Lines: Comedy for a Cause](#), is London's new fundraising initiative that takes place on May 13 from 6:30 p.m. to 11 p.m. in the Carousel Room, Western Fair District. Enjoy interactive food stations, raffle prizes, and improv and magic entertainment. Tickets are \$95 per person or \$760 per table. For tickets, [click here](#).



Oakville Distress Centre

The Second Annual Oakville [Defeat Depression Walk](#) takes place on Saturday May 14, 2016 in Lions Valley Park, Oakville, one of the loveliest parks in Oakville. The family and pet-friendly walk start time is 10 a.m. Last year's event raised \$18K+ and this year, their goal is \$25K. For more information, please email info@dcoakville.com.

Toronto Distress Centres

The annual [B.A.D. \(Bikers Against Despair\) Ride](#) takes place Sunday May 29 to support the Toronto Distress Centres. The route begins at Dave & Buster's near the highway 400 and highway 7 intersection, and ends at the Markham Fairgrounds. Experience a new scenic motorcycle route and enjoy the after-ride party. All monies raised by the event will continue to support ongoing services and new initiatives that build both individual and community resiliency.

Distress Centre Niagara

DC Niagara's 4th Annual Charity Golf Tournament happens June 3, 2016. Please join us for a wonderful day on the golf course! Your support will help us to provide 24-hour effective, confidential, non-judgmental and empowering telephone support to those in our community who are in distress or crisis. Last year we answered over 13,000 calls! [Click here for info](#).

Please [email](#) us to share your centre's news and upcoming events in e-News & Views.

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