

Distress Crisis Ontario wishes everyone a Happy Holiday season and a peaceful and prosperous New Year!



December 2016

2016 Holiday Giving

It's not too late to donate for a 2016 charitable tax receipt!

As the year closes, time is running out on tax deductible donations. About 25 percent of Canadians take advantage of the sizeable benefits Canadian Federal and Provincial governments offer to Canadians who give to registered Canadian charities.

So please mark your calendar and schedule time to make your year-end donations. With your help, we can accomplish so much as we work to support Ontarians in emotional distress. You can donate to DCO by [clicking here](#).



Multicultural Leadership Part Two

In Canada's deeply multicultural society, embracing multiculturalism is a complex act as there are so many facets to our diverse culture. In part two of our series, we examine the issues around the multicultural impact of blending of multicultural backgrounds in the workplace, and take our cues from leadership from five crisis centres across the country.

[Read more...](#)



CORRECTION: In the Centre Prevention Suicide le Faubourg section from last month's

Multicultural Leadership article, we made an error and said that English communities in northern Quebec have formed their own centre in the region. We have corrected the error to say that the English community in the Laurentians tend to stay within their community and help each other instead of reaching out to French centers. Please see the corrected version [here](#).

The Potential of Remote and Virtual Volunteers in a Changing Not-for-profit Landscape

As we move forward in an increasingly digital age where children have phones and gadgets before they learn how to drive, volunteer roles continue to change and evolve. Where once volunteering required appearing at a physical location to provide services or participate in some project, people can now conveniently volunteer from their home or another remote location.



[Read more...](#)

The Neuroscience of Awesome Training Experiences

In an article originally published in e-Volunteerism, training expert, Michael Bungay Stainer, explains his formula for how to design training, based on insights gained from the latest in neuroscience advances. Some of his key takeaways are explained below that use neuroscience to enhance learning and improve participant's experiences in training.



[Read more...](#)

Why Suicide Keeps Rising for Middle Aged Men

Middle-aged men in the 45 to 60 range experienced a 43 percent increase in suicide deaths from 1997 to 2014, and the rise has been even sharper since 2005. Untreated mental illness, the Great Recession, work-related issues and men's reluctance to reach out for help converge to put them at greater risk for taking their own lives. And because men are more likely than women to use a gun, their suicide attempts are more often fatal.



[Read more...](#)

DCO Upcoming Events and Schedule of Meetings

DCO 2017 Conference

Save the Date: DCO's annual conference takes place on either the last or second-last week of March. Dates

to be confirmed during the first week of January.

DCO Board of Directors

January 25, 2017

April 26, 2017

June 28, 2017

October 25, 2017

Upcoming Learning Forums Videos

Duty to Report: Children's Aid

Multiple Sclerosis: A Life Experience

Diversity, Equity & Inclusion

CNIB: The Blind or Partially Sighted



News from our Member Centres

Though our offices are closed over the holiday season, December 22 - January 4, our member organizations are operating all through the holiday period. For a listing of accessible member centres, please visit [our website](#).

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



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