



REGISTER NOW! DCO and Learning Forums will host a Lunch & Learn session for leaders of distress and crisis services on Tuesday, April 5th at 12 p.m. EST. The topic is Service Development at CMHA, Waterloo-Wellington-Dufferin, and will be presented by Joanne Carey Neath, Team Lead, Here 24/7, Distress Centre & Friends Services. [Click here for more information](#) and [here to register](#).

March 2016

Anxiety Disorders: Learning Forums

While anxiety is considered a natural reaction to a stressful situation, for some people, anxious thoughts, feelings, or physical symptoms can become severe and upsetting, and often interfere with their ability to go about their daily lives. Where symptoms of anxiety occur frequently, over a period of time, and chronically interfere with daily life, it is typically considered an anxiety disorder.



[Read more...](#)

Distress Centre of Windsor-Essex County to Continue Services as Program of Downtown Mission

The Boards of the Distress Centre of Windsor-Essex and the Downtown Mission of Windsor, are pleased to announce that the Distress Centre of Windsor-Essex County will continue to offer its valuable services to people experiencing a need for support as a new program of the Downtown Mission. Effective February 5, 2016, the Distress Centre became a fully integrated program of the Downtown Mission.



[Read more...](#)

Charity Audit Update: DCO's March Lunch & Learn

For the 86,000 registered charities in Canada, their approach for achieving compliance with the legislation is to help facilitate voluntary

compliance and assist clients to comply whenever possible. They enforce compliance where necessary and the Canada Revenue Agency (CRA) audit program is the primary means of assessing, monitoring, and enforcing compliance.

[Read more...](#)



Fundraising Psychology, Part II

A huge part of attracting donors is presenting your cause in a compelling light. But what compels people to take action isn't always intuitive. A number of studies have asked what makes a person most likely to help someone in need. Their findings can help you determine what information to include in your appeals. It's not about manipulating your audience, it's about putting your best foot forward.



[Read more...](#)

Identifying and Managing Employee Exhaustion Within Your Organization

How many times have you been at the office and heard people tell you how exhausted they were? If you had to ask what physical activity these exhausted people had done that day, chances are, many didn't do much at all. The brain needs only 12 watts of energy to operate, and burns 11 calories an hour, so it isn't physical exhaustion at work here, it is the exhaustion due to stress and our attitude towards it.



[Read more...](#)

Life of Solitude: A Loneliness Crisis is Looming

In the West, we live faster, higher in the air, farther from our workplaces, and more singly than at any time in the past. Social scientists will be struggling to understand the consequences of these transformations for decades to come, but one thing is clear: Loneliness is our baggage, a huge and largely unacknowledged cultural failing.



[Read more...](#)

DCO 2016 Upcoming Events and Schedule of Meetings

Lunch & Learn Session

April 5: Service Development at CMHA Waterloo-

Wellington-Dufferin

SOV Nomination Deadline
March 28

SOV Selection Committee
April 4

National Volunteer Week
April 10 - 18

Board of Directors
April 13
June 22
October 19

Education Committee
March 24
April 28

Finance Committee
April 12
May 17
June 20

Governance Committee
TBD

ONTX Steering Committee
TBD

Upcoming Learning Forums Videos
March: Obsessive Compulsive Disorder
April: PTSD
May: Mental Health First Aid



News from our Member Centres

Distress Centre Ottawa and Region

Save the Date for Chocolate!

The **9th Annual Chocolate Affair Gala** on April 28th, 2016, from 6 p.m. to 10 p.m., at the Shaw Centre. Enjoy an evening full of chocolate from the time you arrive until the time you leave, and savour a four-course chocolate-infused dinner, chocolate fondue, local chocolatiers, and more! Chocolate is combined with an amazing silent auction, raffle draws, and prizes all night long. Tickets are \$110. For information, please contact Leslie Scott at 613-238-1089 x 222 or lscott@dcottawa.on.ca.



Spectra Helpline

Peel's helpline has launched their new website at spectrahelpline.org. The site boasts bright colours, easy-to-navigate pages, and a lot of great information about their programs and services. Also included on the site is an online volunteer application to help Spectra update and improve their volunteer intake process.

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.

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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