

June 20th will be a busy day for DCO and our member organizations! Join us for a full day of networking and learning with your colleagues. Register for our Networking Day [here](#). DCO's Annual General Meeting will follow at 5:00 pm, and we will celebrate our 2016 Spirit of Volunteerism nominees and recipients, and our Program Service Award recipients at a gala reception and dinner starting at 6:00 pm. [Click here to register and purchase tickets for the SOV event](#). We look forward to seeing you on June 20th!

May 2016

PTSD: An Upcoming Learning Forums Video

An upcoming feature on Learning Forums will focus on Post-Traumatic Stress Disorder (PTSD). Vince Savoia, the Executive Director and founder of Canadian organization, the Tema Center Memorial Trust in King City, Ontario, presents a compelling video that describes the effect traumatic events can have on individuals and their emotional well-being.



[Read more...](#)

Indian, Native, Aboriginal, Indigenous, First Nations, First Peoples - Which Is Correct?

Ever since Europeans had contact with the inhabitants of Turtle Island (North America) over 500 years ago they have been creating names in their languages in an attempt to create identifiers that lump all first inhabitants of Turtle Island into one group.

This article by Dr. Ed Connors of the Mohawk Wolf Clan, is written to help people determine respectful terms to identify Indigenous people. Originally published on the CASP website.

[Read more...](#)



Fundraising Psychology Part Four: Feeling Good vs Doing The Most Good

In our Fundraising Psychology series, we have seen how altruism and giving fascinate psychologists, and that their

discoveries show what conditions encourage and discourage giving. Researchers find that it's either through emotional bias or logical fallacy that donors often make decisions that do not maximize the good done with their funds. The findings of their work provides valuable information to not-for-profits who look to maximize their fundraising.

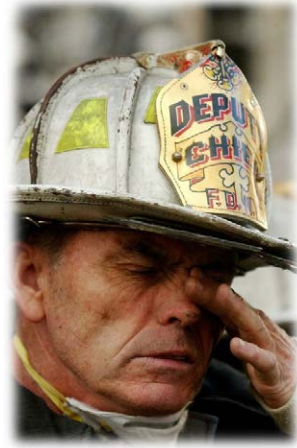
[Read more...](#)



Government of Ontario Passes PTSD Legislation

Following in the footsteps of Manitoba and Alberta, the Ontario government has passed legislation about PTSD which accepts that post-traumatic stress disorder (PTSD) is work-related in first responders (i.e. emergency personnel). Under the Supporting Ontario's First Responders Act, this legislation will speed up access to the Workplace Safety and Insurance Board (WSIB), resources, and treatment for first responders affected by PTSD.

[Read more...](#)



Full Day of Events for DCO: Networking, AGM and SOV

DCO offers a full day of events to its members on Monday, June 20, at the BMO Learning Centre. Senior leaders are encouraged to join us for Networking Day. It will be followed by the Annual General Meeting (AGM) and the Spirit of Volunteerism (SOV) Recognition Dinner and Reception.



[Read more...](#)

Steps To Recover From Disaster

Every year, disasters strike not-for-profits and small businesses all over the world. These disasters come in many forms, from natural (hurricanes, blizzards) to virtual (hackers, Crypto Locker) to unavoidable (human error, hardware failure). So what can you do to prepare your business for the inevitable? Be proactive and create a disaster recovery and business continuity plan before disaster strikes.



[Read more...](#)

DCO Upcoming Events and Schedule of Meetings

DCO Networking Day

June 20
BMO Learning Centre
3550 Pharmacy Avenue, Toronto
[Register here.](#)

DCO Annual General Meeting

June 20 - 5:00 pm
BMO Learning Centre
3550 Pharmacy Avenue, Toronto

SOV Gala Reception and Dinner

June 20, 6:00 pm
BMO Learning Centre
3550 Pharmacy Avenue, Toronto
[Purchase tickets here.](#)



Board of Directors

June 22
October 19

Education Committee

June 23

Finance Committee

July 26

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

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.](#)



Distress Centre Oakville

DC Oakville's recent fundraiser, the 2nd annual Defeat Depression Walk, exceeded their fundraising goal by 128% and raised \$32,000! See our embedded [press release](#), and mark your calendars now for next year's walk on May 6th, 2017.

Spectra

Spectra staff and leadership volunteers are participating in extensive training on Solution-Focused Helping Conversations framework this summer. Spectra is utilizing the expertise of Dr. Ronald Warner, the founder and director of the Solution-Focused counselling Program at the University of Toronto, and Joanna Boutilier, a graduate of this impressive program. This will allow Spectra to integrate Solution-Focused into all of our communications with callers & clients. This model focused on solution-talk and is positive in its approach.

Spectra is also excited to welcome two placement students from the Mental Health and Addictions program at Humber College for eight intensive weeks.

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

The Great Canadian Giving Challenge is here!

For the entire month of June, every \$1 you donate to DCO through canadahelps.org or givingchallenge.ca qualifies us to win \$10,000! The more you give, the more chances to help DCO's programs!
#GivingChallengeCA

[Click here to donate to DCO!](#)



Distress and Crisis Ontario | Centres de Détresse et des Crises d'Ontario
416.486.2242 | info@dcontario.org | dcontario.org

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