



Making the Pieces Fit: Reaching out to New Partners, Realizing New Opportunities was a very successful two-day conference and networking event hosted by Distress and Crisis Ontario. Upcoming issues of the e-News+Views will include articles on a variety of topics and presentations from the conference.

September 2015

Recognizing Excellence: Individual and Organizational

Distress and Crisis Ontario has the pleasure to recognize the excellent contributions of the many individuals who give of their time and abilities in the capacity of volunteers at the member organization. This year's annual event occurred on Friday, September 25th at the Holiday Inn, Yorkdale, and also include the opportunity to honour organizational excellence as well.



[Read more...](#)

Debunking Some Myths about Grant Writing

Grant writing is all about power. We write grants because they bring us prestige, programs, equipment, travel, and time. Grants free us to do the kind of research, teaching, and service that we enjoy most. So why is such an essential skill so difficult and so mysterious?



[Read more...](#)

Transgender Suicide Risk May Be Reduced By Changing Policy and Societal Factors

Western University researchers in London, Ontario, have determined that policy and societal changes may prevent thousands of transgender adults in Ontario from attempting or seriously considering suicide.



[Read more...](#)

An Engaged Board is a Powerful Board

Is Your Board Engaged and Motivated - or Bored, Disengaged and Frustrated? How would you describe your board of directors? Are they engaged in their work and a valuable asset for your association? Or do they simply go through the motions at board meetings, with little thought or understanding about how their actions contribute to the organization's success? Today's complex landscape demands that association boards engage with intention to ensure their focus and activities contribute to organizational success.



[Read more...](#)

Learning Forums: Newcomers and Settlement

Learning Forums' newest release puts the focus on newcomers to Canada and the stresses involved in integrating into a new culture and new way of life.

Canada's population of around 31 million people reflects a cultural, ethnic, and linguistic mix that is unique in the world. In 2013 alone, immigrants from over 170 different countries made Canada their permanent residence. The majority of permanent residents to Canada in that year were from China, India, Philippines, Pakistan, and Iran.



[Read more...](#)

Nine Essential Qualities of Mindfulness: Learn how to say "yes" to the present moment

Most people these days are stressed out by the fast pace of life, economy, and worries about the future. In a recent survey, conducted in the UK, 86 percent agreed that "people would be much happier and healthier if they knew how to slow down and live in the moment" (Mental Health Foundation, 2010). It is no wonder that mindfulness has rapidly gained attention in the popular press and is one of the few complementary medicine techniques to be offered in hospitals and clinics worldwide.



[Read more...](#)

DCO Upcoming Events and Schedule of Meetings

DCO 2016 Spring Conference

March 23-24, 2016

Upcoming Learning Forums Videos

September: Epilepsy Part 1

October: Epilepsy Part 2

November: All About Anxiety

Board of Directors

November 11
January 13
March 16

Education Committee

October 1
October 22
November 26

Finance Committee

November 9
January 11

ONTX Steering Committee

October 13
October 27
November 10
November 24
December 6



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