



3rd Quarter SIOM stats will be released soon. Did you know that in the 1st 6-months of 2014 over 42,600+ callers to DCO member centre lines experienced a mental health concern?

January 2015

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SIOM 2014 Snapshot

We've long known that easing isolation and promoting greater connectedness is an important way that we help a large proportion of Distress Centre callers. So much more than "just listening", we provide an essential human connection that can help sustain emotional well-being and prevent suicide. Thanks to research by John Cacioppo in 2014, we now understand the physical health implications of loneliness--it is now recognized as a serious physical health risk. [Read more.](#)

Statistics
Information
Outcome
Measures

Partnering For Our Spring Conference

Following on the heels of our successful 2014 Fall Conference, we continue with our theme, *Making the Pieces Fit: Enhancing Organizational Effectiveness* for the 2015 Spring Conference, March 26 - 27, 2015 in Niagara.



This year we are excited to partner with the Canadian Society for Association Executives (CSAE) Trillium Chapter to bring you a full day workshop on the Accessibility for Ontarians with Disabilities Act (AODA). [Read more.](#)

It's Time to Renew Your DCO Membership

We are a provincial network that leads, promotes, and builds the capacity of community-based agencies engaged in activities related to suicide prevention and improvement to the quality of life for Ontarians. To this end, we work with our member centres to provide programs and services determined by our membership: distress and crisis lines across



7th Annual Spirit of Volunteerism Recognition

DCO has already started working on this year's Spirit of Volunteerism Recognition program and we're excited to enter the 8th year of acknowledging our outstanding volunteers. Nomination packages will be delivered via email to each DCO centre by the end of January. We look forward to

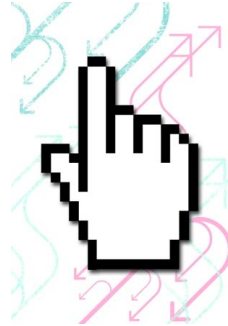


the province that provide telephone and/or web-based support to their communities. [Read more.](#)

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In Support of "Clicktivism": Examining The Value of The One-Click Form of Micro-Volunteering

The expansion of social media has spawned a unique sub-category of virtual volunteering dubbed "clicktivism", where people online or on smartphones can make an impact for a cause in a short amount of time, with very little effort. These volunteers re-post, re-tweet, and enjoy other one-click activities like buying an item on a charity website. [Read more.](#)



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Upcoming Events and Centre News

DCO 2015 Spring Conference
March 26-27, 2015
Niagara Falls, ON



Upcoming Learning Forums
Videos:

January: Sexual Assault & Disclosure Support
February: Human Trafficking: A Community Response
March: Bullying

Community Torchlight, Guelph:

Torchlight is pleased to announce the new Expansion Funding for our TeleCheck call-out service in Dufferin/Orangeville. Based on our ten-year history in TeleCheck and the three-year call-out pilot, Connect, in Guelph, we received \$139,000 from the CW LHIN for Dufferin adults 55+.

London Defeat Depression Walk & Talk:

London's first Defeat Depression campaign consists of a short walk downtown and a post-walk get-together (indoors!) with a guest speaker, fun, food, and a fundraising raffle/draw. Please join or pledge our team, the London Defeat Depression Crusaders! [Register here.](#)

Date: Saturday, February 28th

Time: 10:00am (9:00am registration)

Location: Victoria Park (Central London)

Join us in raising awareness and erasing the stigma of depression!

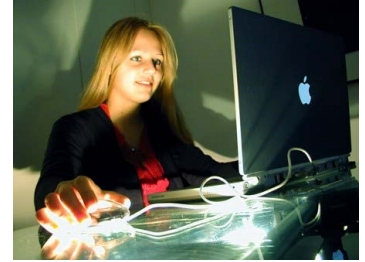
Please [email us](#) to share your centre's news and upcoming events in e-News & Views.

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receiving your nominations. In late March, the SOV committee will begin the difficult task of nominee selection for 2015! [Read more.](#)

The Past, Present, and Future of Online Volunteer Recruiting

Depending on how old you are and how long you've been on the job, it might seem like recruiting volunteers on the Internet has always been an option. Or the Internet might still seem like a newfangled tool that doesn't yet fit with how your organization engages supporters. [Read more.](#)



Upcoming Meetings

ONTX Steering Committee
Bi-weekly
February 11, 25
March 10, 25

ONTX Working Group
Weekly on Fridays
February 6, 13, 20, 27

Education Committee
February 26
March 26
April 23

Board of Directors
March 11 (in person)
May 13



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