

June 2014

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Upcoming Events:

DCO 2014 Fall Conference  
October 2 - 3, 2014  
Location TBD

Annual General Meeting & SOV Recognition Dinner  
October 2, 2014  
Location TBD

## DCO – Focus on the LGBTQ Community: Welcoming and Supporting Diversity through Educational Programming

By Laura Donatelli  
Learning and Development Coordinator

As Toronto's recent hosting of World Pride Celebrations is shared with people around the world, we are drawn to reflect on the great diversity that exists among individuals. People from all walks of life gather to share what is common, and celebrate what is unique about us. As service providers, Distress Centre workers know very well the breadth of the diversity that exists within our communities and the joys and also the struggles and pains that are sometimes associated with it. [Read more.](#)

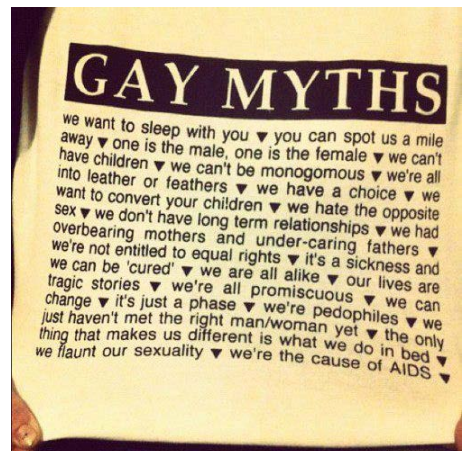


## Building Support Networks for the LGBTQ Community

By Laura Donatelli  
Learning and Development Coordinator

The four-week webinar series on Understanding the Issues and Supporting the LGBTQ Community, sponsored by DCO as part of their Educational Program for member centres, was offered on-line to staff and volunteers who want to expand their knowledge and strengthen their skills for working on the distress centre helplines. [Read more.](#)

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## Ontario Human Rights Commission Announces Policy on Preventing Discrimination Based on Mental Health Disabilities and Addictions

Addictions and Mental Health Ontario applauds the new Policy on preventing discrimination based on Mental health disabilities and addictions, released yesterday by the Ontario Human Rights Commission (OHRC).

Mental health and addiction challenges impact every Ontarian either directly or indirectly; generating social and economic



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Get a password through your centre's volunteer coordinator.

New Release:  
May 2014:  
Gambling is a Family Problem

Upcoming Release:  
June 2014:  
Opiates Addiction and Harm Reduction

## 2014 DCO Committee Meetings:

Education Committee  
July 24  
August 28

Board Meeting  
July 16  
(teleconference)  
September 2 or 3  
(in-person)  
November 12  
(teleconference)  
January 14, 2015  
(in-person)  
March 11, 2015  
(teleconference)

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consequences for all Ontarians:

- In any given year, one in five people in Ontario experiences a mental health or addiction problem;
- The economic cost of mental health and addiction issues in Ontario is estimated at \$39 billion annually. [Read more](#)

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## The Upside of Failure

By Liza Mundy

Far from being something shameful or harmful, failure is now understood as an experience to be valued and even sought, according to a chorus of academics and thought leaders.

To attempt something difficult and fail at it shows that you are pushing past your existing skill set. Framed this way, you are on track to reach a new level of achievement. Failure can be the driver of creativity. Take failure in stride and view small setbacks in a larger context and understand that a failure along the way can contribute to one's ultimate success.

[Read more.](#)

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## Mark your Calendar for the 2014 Fall Conference

With the success of our Spring Conference and the discussions around trauma informed support, we are looking at exploring this topic further during our Fall Conference. The committee will confirm the program in the coming weeks and you can look forward to a great conference.

[Read more.](#)

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## 10 Most Inspired Tips

By Gerry Visca  
Edited by Leah Morrigan

It is our final month of motivational tips from Gerry Visca, Canada's Creative Coach, to reach out and inspire others with your passion and your purpose, and create the life you want.

[Read more.](#)

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## Member Centre News & Upcoming Events

Distress Centres Ontario is pleased to offer our member centres a place to share their news and upcoming events. If your centre has news or would like to promote an event, please contact Jackie Grigsby at [jgrigsby@dcontario.org](mailto:jgrigsby@dcontario.org) or at 416-486-2242 x 362.



### The Distress Centre of Ottawa & Region

Distress Centre of Ottawa & Region is pleased to announce that \$16,373 was raised from their Chocolate Affair Gala on May 28th.

The event featured a delicious 4-course chocolate-infused dinner, a silent auction, a raffle draw, and sweet treats from local vendors. All proceeds will go to their 24-hour crisis line services--congratulations!

THE DISTRESS CENTRE OF OTTAWA & REGION  
PRESENTS THE 7<sup>TH</sup> ANNUAL  
*Chocolate Affair Gala*  
FOUR COURSE CHOCOLATE INFUSED  
DINNER, RAFFLE DRAW, SILENT AUCTION,  
& SWEET CHOCOLATE TREATS ALL NIGHT!  
MAY 28, 2014  
6:00-10:00PM  
OTTAWA CONVENTION CENTRE  
\$100 PER PERSON  
CALL 613-238-1089 FOR TICKETS  
ALL PROCEEDS BENEFIT OUR 24/7 CRISIS LINE!  
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Giving has never tasted so sweet!

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