



There's still time for you to register for DCO's 2015 Spring Conference – Making the Pieces Fit: Enhancing Organizational Effectiveness Part 2. Join us at Great Wolf Lodge in Niagara Falls for learnings you can take back to your organization and opportunities to network with your peers. You can [register here](#), and more information on our program can be [found here](#).

It's SOV time again! As we approach National Volunteer Week 2015, take the time to nominate those volunteers in your centre who shine with the Spirit of Volunteerism. Deadline has been extended to March 30th. For nomination guides, and nomination and consent forms, please email jgrigsby@dcontario.org or call 416 486 2242 x 362.

March 2015

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Seeds of Self-Care: Learning Forums

DCO Learning Forums highlights the need to make sure distress centre call responders manage their own stress, while still assisting others. In a recently posted



DCO Learning Forums video, Dan Silver, social worker and educator for Family Mental Health Support Network of Niagara, outlines the positive thinking needed to support self-care and a variety of self-care practices that are suitable for anyone to incorporate into their life. [Read more.](#)

Meaning-Centred Men's Groups for Men Facing Retirement

People now live longer than at any other time in history. Coincident with the aging Baby Boomer generation, the older adult population is expanding in North America and by 2030, 20-25 percent (over 75 million) of North Americans will be over the age of 65.

Unfortunately, this is also the group with the highest suicide rate. [Read more.](#)



How Music Can Improve Your Health

Music can elevate a meeting and is as important to an event's overall success as decor and food.

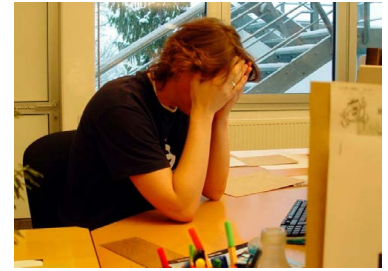
We all know music is good for you. But did you know that music can positively affect your health and career? Music positively affects physical health, reduces stress, increases brain function and emotional fitness, and creates connections. [Read more.](#)



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How to Lead At Work When In Personal Crisis

Into each life some rain must fall, as the saying goes. But sometimes that rain is actually a monsoon-sized personal crisis that can affect your ability to lead. It might be a serious illness, the loss of a loved one, or some other significant personal problem that drains your energy and affects your focus. However, you still have responsibilities that need your attention. [Read more.](#)



CRTC Issues \$1.1 Million Penalty for CASL Violation

On March 5, 2015, the CRTC issued the first Notice of Violation under Canada's anti-spam law (CASL). Compu-Finder was issued the Notice and a \$1.1 million administrative penalty for sending commercial electronic messages ("CEMs") without the recipients' consent and with an ineffective unsubscribe mechanism. [Read more.](#)



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DCO's Spring Conference: March 26 and 27

DCO's Spring Conference presents our association members with varied and informative sessions. We are committed to Moving Forward in Partnerships and have a great showing of community organizations who will join us Thursday and Friday mornings. If you haven't submitted your registration, don't miss this opportunity to network and learn together. Our venue this spring is The Great Wolf Lodge in Niagara Falls. [Read more.](#)

Making the Pieces Fit



Enhancing Organizational Effectiveness
Part 2

2015 AGM and Fall Conference

The DCO AGM is Thursday, September 24, 2015. Please plan to join us on September 24-25 for DCO's fall conference. We will meet in the GTA/Mississauga area and will let you know about the venue when it is finalized.

Did you read the banner at the top of this newsletter about the 2015 Spring Conference? Have you registered yet? If not, there is still time! [Click here to register](#) for the conference, and here for more details of the conference program.

We hope to see you at the conference!

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Upcoming Events and Centre News

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

Upcoming Meetings

SOV Selection Committee
April 7

ONTX Steering Committee
Bi-weekly

Member News

DCO 2015 Fall Conference
September 24–25
Location: GTA

DCO 2015 Annual General Meeting
Thursday, September 24

Lunch and Learn
March 31
Managing Performance and Best Practices from an HR
Perspective

Upcoming Learning Forums Videos:

March: Human Trafficking

April: Bullying

May: Autism

Learning Forums Filming Session
April 10

London and District Distress Centre's Diva Day
Sunday, May 3

The Windermere Manor

Diva Day is an annual event that provides an opportunity for women to be pampered and spoiled while raising money for the London and District Distress Centre. Participants of Diva Day receive the opportunity to try new products and services, visit with friends, and enjoy a day dedicated to make them feel like Divas! For more information, email: cheryl@londondistresscentre.com

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

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March 25

ONTX Working Group
Weekly on Fridays

Education Committee
April 23
May 28
June 25

Finance Committee
April 21

Board of Directors
May 13
July 8
September 16
November 11



Distress Centres Ontario

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