

May 2014

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Upcoming Events:

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

Annual General Meeting & SOV Recognition Dinner

DCO Spring Conference Highlights: Trauma Informed Care, Best Practices, and the PTSD Debate

By Laura Donatelli, Learning & Development Coordinator

Distress Centre leaders from across Ontario attended this year's DCO Spring Conference on April 24-25, 2014, held at the Cambridge Conference Centre. The conference theme of Trauma Informed Support brought to light the importance of understanding trauma and its effect

on individuals, both in the immediate and long term. Extended workshops were led by Dr. Paulette Laidlaw and Kent Laidlaw. [Read more.](#)



DCO Spring Conference Highlights: Fostering Resilience and Post-Traumatic Growth

By Laura Donatelli, Learning & Development Coordinator

Participant leaders at the 2014 DCO Spring Conference for Distress Centre engaged in a presentation focused on the importance of maintaining optimal health and wellness from the perspectives of the helping professional and of the client or caller seeking assistance. [Read more.](#)



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What Makes a Good Online and Text Services Volunteer?

By Jill Wolski, ONTX Consultant

As Ontario gears up to provide online and text services, it can be helpful to review what really matters in an online and text services volunteer. Contrary to common perception, it's not just the younger and tech-savvy volunteers that are best at providing online and text services; people of all ages can be great at providing compassionate and effective text-based support. [Read more.](#)

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October 2 , 2014
Location TBD

New content each month!
learningforums.ca
Get a password through your centre's volunteer coordinator.

New Releases:
Is Gambling Really a Problem?

Upcoming Releases:
May 2014:
Gambling is a Family Problem

2014 DCO Committee Meetings:

Education Committee
May 22
June 26
July 24
August 28

Finance Committee
June 10

Governance Committee
June 5: DC Toronto
North York Office
July 3: location TBD

Board Meeting
July 16
(teleconference)
September 2 or 3



308 Conversations

#308conversations is a grassroots campaign spearheaded by the Mental Health Commission of Canada that invites each of Canada's 308 Members of Parliament (MPs) to lead a conversation in their ridings about suicide prevention.

#308conversations is designed to be a series of conversations hosted by Members of Parliament in community centres, libraries, school gyms, or other public spaces in each of the 308 ridings across Canada. These conversations will bring interested community members and stakeholders under one roof to share what's working and where the gaps are when it comes to suicide prevention in their communities. [Read more.](#)



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Human Trafficking: Horror and Help Part III

By Leah Morrigan

In the early 2000s, Hungarian- born Timea Nagy came to Canada looking for summer work as a nanny or housekeeper. When she arrived, she was kidnapped and forced to work in the GTA in the sex trade for three months until she managed to escape her captors.

At the time, Ms. Nagy worked in a strip club and could not explain her situation to anyone who could help her. She managed to get her hands on a dictionary and with the help of the club's staff, she pointed to words like threat, please, help, me, they, will, kill me and managed to escape. [Read more.](#)



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Complying with Anti-Spam Legislation

(in-person)
November 12
(teleconference)
January 14, 2015
(in-person)
March 11, 2015
(teleconference)

Join Our Mailing List!

In order to comply with Canada's anti-spam legislation that comes into effect on July 1st, 2014, DCO has sent an email to all our contacts asking for consent to continue distributing our newsletter and any other items of interest we feel could be of benefit to our members, their volunteers, and other friends of DCO.



If you have already responded to this email, we thank you. For those who have not yet had the chance to respond, we are including the link here for you to provide your consent to continue receiving our newsletter and other messages of interest.

[Please click here to give your consent.](#) Thank you for your continued support of and interest in Distress Centres Ontario, our member centres, and the distress/crisis line movement.

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10 Most Inspired Tips

By Gerry Visca
Edited by Leah Morrigan

In our fourth month of motivational tips from Gerry Visca, ten more tips to reach out and inspire others with your passion and your purpose! [Read more.](#)



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Do You Have Time? DCO Is Looking For Committee Members

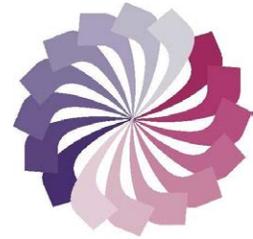
Like our member centres, DCO relies on volunteers to sit on our committees. Without them we wouldn't be able to move forward on our programs and keep our association running smoothly. It's a natural process for committees to go through transitions, and people leave for various business or personal reasons. This has left us with a few vacancies on Committees of the Membership. We are currently looking to fill these vacancies with DCO member centre staff. [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 or at 416-486-2242 x 362.



The Distress Centre of Ottawa & Region presents their 7th annual fundraising event, [A Chocolate Affair Gala](#) on May 28th, 2014 at the Ottawa Convention Centre-- tickets now on sale!

The event features a delicious 4-course chocolate-infused dinner, silent auction, raffle draw and prizes, and sweet treats all night long from local vendors, and all proceeds go to the centre's 24-hour crisis line services.

Tickets are \$100 each and are on sale now. Please call Leslie Scott, Community Relations Coordinator, at 613-238-1089 x 222 to book yours and support the Distress Centre of Ottawa & Region!

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