



September 2013

In this issue:

DCO's Annual General

Annual Report Quick Facts

A Successful Fall Networking Event

Getting On With The Business Of Living

How To Convert One-Time or Annual Donors into Monthly Givers

Volunteering Makes You Happier

Member Centre News & Upcoming Events

Trauma and Attachment

Upcoming Events:

2014 Spring Networking Days April 24-25, 2014 Location TBD

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

2013 DCO Committee Meetings:

Board of Directors Meetings (Wednesdays) November 13, noon (teleconference) January 8, 2014, noon (in-person) March 19, noon (teleconference)

Education committee

DCO's Annual General Meeting

Following the Fall Networking Day program, we were glad to see so many of you attend the 2012-2013 Annual Meeting on Friday, September 20th.



The business of the meeting included Treasurer,

Colleen Gallagher, presenting the 2012-13 financial report, as well as reports on the activity of the Ontario Association of Distress Centres from Board Chair, Victoria Kehoe, and Executive Director, Elizabeth Fisk. Copies of the 2012-2013 Annual Report are available upon request from the DCO offices. Read more.

2012 - 2013 Annual Report Quick Facts

240,000+ calls received by DCO member centres in 2012:

43% of callers were seeking ongoing support

25% were occasional callers

14% were first-time callers

25,000+ suicide-related calls in 2012

37% were referred by friends or family members

64% of our callers were female, 36% were male

32% discussed interpersonal issues, felt lonely or wanted social contact

DCO refers callers to:

16% Counselling services

14% Mobile crisis units

9% Community and government agencies

7% Hospitals/ER

7% Doctors or psychiatrists

back to the top

A Successful Fall Networking Event

On September 19th and 20th, DCO held their Fall Networking Days. Thirty-seven individuals registered to attend the event, held at the Novotel Hotel in Mississauga. It



was a busy couple of days with a guest speaker, table-top discussions, a full morning Quality Improvement Workshop, updates from DCO, and presentations from select member centres. Read more.

back to the top

Getting on with the Business of Living

Presented by Alan Strong at the 2013 DCO Fall Networking Days

Alan Strong, employed by the Self Help Alliance as the Team Lead for the Skills for Safer Living Program and the Centre of Excellence, provided both an



(Thursdays, 9:30 am)
October 24
November 28

Finance Committee (Wednesdays, 3:30 pm) November 8 January 6, 2014 March 12, 2014

Governance Committee TBA

SIOM Oversight Committee October 30, 10 am November 22, 10 am December 18, 11 am

SIOM Working Group Committee October 25, 10 am November 20, 10 am informative and entertaining presentation at our recent DCO Fall

Networking Days. He drew from his professional work and his own personal experience to give workshop participants a view into the lives of those dealing with mental health issues, and the community's sometimes limited understanding of, and response to them. Read more.

back to the top

How To Convert One-Time or Annual Donors into Monthly Givers

Thinking about monthly giving is one of the smartest things you can do as a fundraiser. At Network for Good, we find that 30-40% of the online donation volume coming from a non-profit's website is monthly giving. It would wonderful for non-profits to thank people every month instead of asking them for donations every few weeks. Read more.

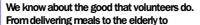


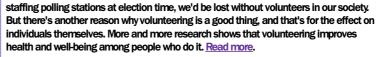
back to the top

Join Our Mailing List!

Volunteering Makes You Happier

Volunteering makes you happier and maybe even healthier, too. Giving your time to others doesn't just benefit them.





back to the top

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 x362.



London & District Distress Centre will host Daybreak

2013: Mental Health in the Workplace from 7 am- 10 am at Best Western Lamplighter Inn, London. Registration: before September 15: \$40; after September 15: \$50. Call 519-667-6542 for more information.



With funding from the Ontario Trillium Foundation, Distress Centre North Halton & Oakville have collaborated on a new video that explains and promotes their support services. Click here to view.

Ottawa & Region Distress Centre

Sunday, October 20th - Diva Day at Le Nordik Spa & Nature
This strictly-for-ladies fundraiser includes Scandinavian bath access, mini makeovers,
mini manicures, personal tarot card readings, treats, a blind auction, and a gift bag for all
participants. Click here for their "save the date" flyer.

back to the top





Trauma and Attachment Conference

The Attachment and Trauma Treatment Centre for Healing (ATTCH) is holding its first annual Trauma and Attachment Conference on October 7 - 8, 2013 at the Four Points by Sheraton Niagara Falls-Fallsview. Read more.



back to the top

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