

February 2019

DCO Memberships are due for renewal by Monday, April 1st, 2019. Any new organizations interested in becoming a DCO member, please contact our Executive Director, Neta Gear, at ngear@dcontario.org.

DCO Updates

DCO has been teeming with activities and updates that we would like to share with our membership. Click below to learn more about the upcoming June Conference, Board direction, and podcast and ONTX updates.



[Read more...](#)

The Impact of High Level Suicide Part 1

In recent years, celebrity chefs, designers, media and political figures, actors, musicians, athletes, writers, and models have succumbed to the dark manifestation of their mental illness. Over the last five years, the world has lost many talented celebrities to suicide, most notably, Robin Williams.



In the first part of this two-part series, we discuss the impacts of celebrity suicides, the Werther Effect, and the World Health Organization's guidelines on media reporting of high-level suicides.

[Read more...](#)

Loneliness and the Elderly

Loneliness affects many people, but in old age when spouses and friends die, children are busy managing their own lives, and our social interactions decline, the elderly may face loneliness, a condition that can contribute to death, according to clinical psychologist, Ami Rokach.



[Read more...](#)

Top 10 Compliance Problems for

Registered Canadian Charities: Part Two

In last month's *e-News + Views*, we featured Canadian charity and not-for-profit lawyer, Mark Blumberg's first five most common compliance concerns for Canadian registered charities. This month, the series concludes with his last five compliance concerns around donations, fundraising, gifts, business activities, and employment issues to reduce the risk of being audited and meet our duty of care.

[Read more...](#)



Canada Revenue
Agency

Agence du revenu
du Canada

Nominations Open for 2019 Spirit of Volunteerism

The 2019 Spirit of Volunteerism nominations are now upon us! We encourage all our centres to recognize their outstanding volunteers and hope to receive nominations from all of you. Nomination packages have been sent out, including a tip sheet to help our centres write stellar nominations for your amazing volunteers!



[Read more...](#)

How to Get Passion Out of Your Work

Originally published in the *Globe and Mail*, speaker, coach, and author, Nina Spencer asks, if we love our jobs and if we won the lottery, would we stay working? Her article shows us how to bypass the daily grind and get passion out of our work.

[Read more...](#)



**Donate to Distress and Crisis Ontario and thank you for your support!
Please [click here](#) to donate.**

DCO 2019 Upcoming Events and Schedule of Meetings

DCO Summer Conference

June 19-21, 2019
Holiday Inn, Kitchener

DCO Annual General Meeting

Friday, June 21
Holiday Inn, Kitchener

Spirit of Volunteerism Gala Recognition Event

Friday, June 21
Holiday Inn, Kitchener

Board of Directors Meetings

Monday, April 15
Thursday, June 13

Education Committee

Thursday, March 28



Podcast Sub-Committee

Monday, March 4
Monday, March 18

Review & Realign Sub-Committee

Thursday, March 14
Thursday, March 28

ONTX Steering Committee

Monday, March 11
Monday, April 8

News From Our Member Centres

Did someone say chocolate? Celebrate the **Distress Centre of Ottawa & Region's** 50th anniversary at our Chocolate Affair Gala, on Saturday, May 11th, 2019. The annual event boasts a four-course chocolate-infused dinner, entertainment, sweet chocolate treats by local chocolatiers, and a silent auction and a raffle draw with amazing prizes!



The Distress Centre is celebrating 50 years of service in 2019, so your attendance will be a part of our history! [Click here](#) for more information.

Distress and Crisis Ontario | Centres de Détresse et des Crises d'Ontario
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