

## March 2019

Chavez Day is observed on his birthday **March 31** and serves as a tribute to Dr. Chavez's commitment to social justice and respect for human dignity.

### High Level Suicide Part 2

Last month, we discussed the impacts of celebrity suicides, copycat suicides, and the [World Health Organization's guidelines on media reporting](#) of high-level suicides. In the second and final part of our series, we will discuss how media reporting of a famous death can be a preventative opportunity to encourage help-seeking and how call-responders can support those affected by high-level suicides.



[Read more...](#)

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### TorchLight's Call-Out Program - Part 1

This month we would like to focus on TorchLight's TeleCheck Dufferin Call-Out program in a 2 part series. We thank Katherine for her valuable time in sharing with us the details of their program which we are running as a 2 part interview series to inform and educate on their TeleCheck program.



[Read more...](#)

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### DCO's June Conference

Inclement weather in February forced us to reschedule our conference to June and hold it in conjunction with our Annual General Meeting and our Spirit of Volunteerism Recognition event. This event is still being held at the Holiday Inn, Kitchener, and will run from the afternoon of Wednesday, June 19 to the evening of Friday, June 21. The theme of the conference is ***Loneliness or Solitude: The Twin Faces of Technology***, and is open to both DCO members and non-members in our communities.



[Read more...](#)

[Click here for the "Save the Date" flyer](#)

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## Amalgamation News

*Dara Eisner Clancy, Executive Director,  
Distress Centre Halton*



**Distress  
Centre**  
HALTON

It's an exciting time for Distress Centre Halton! On April 1st (or as close to that date as the legal paperwork allows), Distress Centre Oakville and Distress Centre North Halton will complete their long-awaited vision of moving forward to legally become Distress Centre Halton!

[Read more...](#)

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## DCO Updates

Get the latest news from Distress and Crisis Ontario.



[Read more...](#)

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## International Women's Day

Friday, March 8th was International Women's Day, and as we celebrate women we are thrilled to congratulate **Lilly Singh** on her new position at NBC as the late night host!! It's a Very Big Deal. Kudos to Lilly - she is queer, woman of colour AND a woman ... we are so proud. Lilly an Indo-Canadian from Scarborough, Ontario, she is a successful YouTuber, comedian, television host, author, and public speaker.



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## News From Our Member Centres

### TorchLight

TorchLight Guelph (distress lines) is delighted to announce that we are moving our offices, effective April 1, 2019. Our bright and accessible new location is in the North end of Guelph, on a bus route, convenient for our volunteers, with free parking!



After a lengthy search for a space well-suited to our needs, we are pleased to be sharing space with Independent Living. We look forward to heightening awareness of our volunteer opportunities and our programs in our community and beyond.

Our phone numbers, mailing information, emails, etc remain the same and we will be up and fully operational on April 1st, 2019.

### Distress Centre of Ottawa & Region

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.

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



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## **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

### **Podcast Sub-Committee**

Monday, April 1

### **Review & Realign Sub-Committee**

Thursday, April 25

### **ONTX Steering Committee**

Monday, April 8



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