

On September 10th, World Suicide Prevention Day, light a candle near a window at 8 pm to show your support for suicide prevention, to remember a lost loved one, and for the survivors of suicide.

For more information, click the [2018 WSPD brochure](#).



August 2018

Introducing DCO's 2018 Spirit of Volunteerism Nominees, Part 1

In last month's e-News + Views, we introduced you to the Spirit of Volunteerism (SOV) recipients. This month, we're pleased to present the first group of outstanding volunteers nominated for this wonderful recognition. Keep your eyes on next month's newsletter edition, when we will introduce you to the remaining nominees for our annual SOV recognition.

[Read more...](#)

11th Annual
Spirit
of
Volunteerism
Recognition

DCO Welcomes New Board Member Glen Katsnelson

With all he is involved with, it is a wonder that new DCO Board Member, Glen Katsnelson, sits still at any given moment. At York University in the Faculty of Health, Glen is moving into a graduate degree where his interest lies in science, research, and experiments in molecular biology. His thesis is focused on the affect of Omega3 fatty acids on muscle metabolism, which can have a profound impact on various diseases like diabetes.

[Read more...](#)



Can Schools Reduce Bullying? School Characteristics and the Prevalence of Bullying Behaviours

Bullying is a scourge on society, and being bullied

