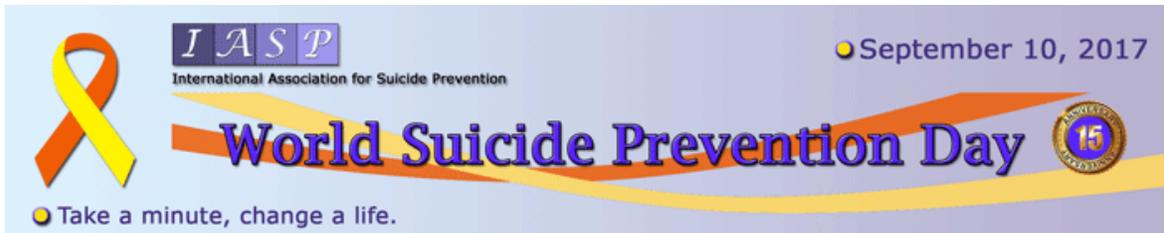


World Suicide Prevention Day is September 10. [Click here](#) for the 2017 WSPD brochure.



August 2017

Low-Dose Mindfulness Intervention and Recovery from Work

Although playing a crucial role for the prevention of long-term health impairment, interventions aiming at the improvement of employees' recovery processes are still scarce.

In this article, a mindfulness study by researchers at the University of Amsterdam discusses the value of low-dose mindfulness self-training intervention for recovery from work via psychological detachment, sleep quality, and sleep duration. Results revealed that a brief self-training mindfulness intervention was effective in increasing daily levels of mindfulness during work, sleep quality, and sleep duration over the course of 10 workdays.

[Read more...](#)



Will NAFTA Talks Put Canadian's Privacy on the Chopping Block?

Recently, the United States Trade Representative (USTR) outlined its priorities with regards to a re-negotiated NAFTA, and top of the list were issues of digital trade. Worryingly, Washington's wish list includes the goal of establishing "rules to ensure that NAFTA countries do not impose measures that restrict cross-border data flows and do not require the use or installation of local computing facilities."



[Read more...](#)

Introducing DCO's 2017 SOV Recipients, Part Two

In our second article in the 2017 SOV series, we introduce you to three more of our wonderful Spirit of Volunteerism recipients

for their passion, hard work, and dedication to the distress crisis movement.

In the coming months, we will feature each one of our amazing nominees for this year, so keep your eyes on DCO's eNews + Views for more volunteer recognition.

[Read more...](#)



DCO Welcomes New Board Member Janice Gardner-Spiece

DCO is happy to introduce Janice Gardner-Spiece, Executive Director of Distress Centre Halton, and new member of the DCO Board of Directors.

This proud mother of three teenagers understands the importance of self-care (she's an avid hot yoga practitioner) and focuses on education. Janice is a life-long learner who tries to instill the importance of education and a sense of curiosity to her children. From a DCO perspective, Janice wants to work from a higher level on the DCO Board and as a new member of the DCO family, she wants to learn about what is happening in the sector.



[Read more...](#)

2017 Global NGO Online Technology Report

The 2017 Global NGO Online Technology Report seeks to gain a better understanding of how non-governmental organizations (NGOs) worldwide use online technology to engage their supporters and donors. Sponsored by the Public Interest Registry and researched by Nonprofit Tech for Good, a fundraising and social media blog for not-for-profits, the report summarizes how NGOs worldwide use web and email communications, online and mobile fundraising tools, and social and mobile media.



[Read more...](#)

Five Tools to Beat Anxiety in Tumultuous Times

Maintaining your peace of mind and an optimistic outlook can be a daunting challenge when the news presents one negative image after another, accompanied by the commentary of an ever-changing roster of very angry people.

As a clinician and researcher who specializes in anxiety, I can tell you there is hope—even in these difficult times. You do not have to allow terrible world events to produce chronic worry if you follow these science-based tips.



[Read more...](#)

DCO Upcoming Events and Schedule of Meetings

DCO Board of Directors

October 11
January 23, 2018
April 13, 2018
June 13, 2018

DCO Annual General Meeting

June 23, 2018
Location TBD

Spirit of Volunteerism Recognition (SOV)

June 23rd, 2018
Location: TBD

Program & Service Recognition Presentation (PSR)

June 23rd, 2018
Location: TBD

Upcoming Learning Forums Videos

Diversity
Aging



News from our Member Centres

Distress Centre Niagara is holding their 12th Annual [Suicide Awareness Walk](#), Sunday, September 10, 2017 at Market Square in downtown St Catharines, Ontario. Registration starts at 6:00 pm. Click for the [flyer](#) and the [pledge form](#).



Distress Centre Durham is holding their 13th Annual Walk for Suicide Awareness on Saturday, September 9, 2017. Check-in time is 10:00 am and the walk starts at 10:30 am. Start and end point for the walk is Haydenshore Park, 589 Water Street, Whitby. Click for the [flyer](#) and the [pledge form](#).

Distress Centre Toronto's walk for [World Suicide Prevention Day](#) is scheduled for Sunday, September 10. This year's theme is, "Take a minute - save a life. Every minute counts."

The **Downtown Mission of Windsor** has joined the DCO ONTX Team and will begin providing ONTX Service on National World Suicide Prevention Awareness Day, Sept. 10th. The Windsor centre is heavily involved in local Suicide Prevention Awareness Week Events and Community Training Sessions, and is working with a collaborative of over 30 community organizations and service providers to build awareness around suicide prevention and support for individuals struggling with suicidal thoughts or dealing with the aftermath of suicide.

Sudbury's North East Suicide Prevention Network's (NESP) 4th Annual WSPD event will take place at the Elizabeth Gazebo, Bell Park (off Elizabeth St), on Sunday, September 10th, starting at 4:30 p.m. [Click here for the event flyer](#).

NESP is partnering with the Sudbury Symphony Orchestra and the N'Swakamok Kweok Hand Drummers for a one-hour concert as part of the "[Mysterious Barricades](#)" coast-to-coast concert series, to raise awareness about mental health and suicide. This free, live streamed concert series will be 21 hours long, featuring 15 Canadian cities/locations, beginning at sunrise in Newfoundland, and ending with sunset on the British Columbia coast. Numerous groups and organizations in communities across Canada, all devoted to suicide awareness

and prevention, will be part of this wonderful endeavour so that people across the country will see and hear how important suicide awareness and prevention is to our community! We will also be thankful to have 2 local individuals speaking during the event - Gerry Loughheed Jr and Joshua Tillson.

As we have done every year, we will also have our free BBQ, and our butterfly release.... butterflies to be sold for \$10 each on-site, or in advance at the Canadian Mental Health Association office on Elm St in Sudbury. Our NESPN t-shirts will also again be sold on site, \$10 each.

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