



DCO and Learning Forums are hosting a Lunch & Learn session for leaders of distress and crisis services at 12:00 noon on Tuesday, March 1. The topic is "Charity Audit Update" and will be presented by Canada Revenue Agency Team Leaders Gary Huenemoeder and Maria Grieco. [Click here for more information and to register.](#)

February 2016

ONTX - Six Months in Review

During the past six months, ONTX, Ontario's Online Text and Chat program, has provided valuable support to individuals in distress, crisis, or suicidal while in the soft launch phase. This phase is intended to allow the service providers who work collaboratively to consolidate their service delivery practices, insure the technology is appropriate, and we have enough responders trained to provide service.

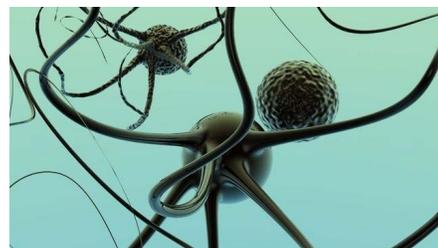


Here is a score card to January 31, 2016 to acquaint you with the program progress to date.

[Read more...](#)

Learning Forums: Understanding the Impact of Epilepsy on Family Members

DCO continues to add to its list of interesting educational videos for distress and crisis responders as part of their ongoing training and continuing education. A recent Learning Forums video, Understanding the Impact of Epilepsy on Family Members, was presented by Dr. Suzanne Nurse, a neuroscience specialist and epilepsy consultant. The presentation helps viewers understand the concerns experienced by individuals with epilepsy and their family members and caregivers.



[Read more...](#)

Fundraising Psychology Part One: Creating a Giving Mindset

Marketing and fundraising are becoming more and more data-driven. We have seen huge leaps in the way data can be

acquired and analyzed to make a fundraising campaign more successful. But inevitably, we run into questions that can't be answered by our client relationship management system (CRM).

[Read more...](#)



Millennials: Mental Health and Suicide

The Millennial generation, children born between 1980 and 2000, are highly educated, technologically advanced, culturally diverse, and stressed out. They live in packed schedules, are diagnosed with the latest disorders, over-prescribed with meds, and sadly, it is estimated that 20 percent of Millennials will develop mental illness.

[Read more...](#)



Nominations Open for 9th Annual Spirit of Volunteerism

According to Wikipedia, "Volunteering is generally considered an altruistic activity where an individual or group provides services for no financial gain. Volunteering is also renowned for skill development, and is often intended to promote goodness or to improve human quality of life. Volunteering may have positive benefits for the volunteer as well as for the person or community served."

[Read more...](#)



Don't Forget About Your DCO Membership

Valued DCO member organizations: This is a gentle reminder to renew your membership for 2016-2017. There are many benefits available to your organization when you join our association: access to the Learning Forums on-line learning and education platform, aggregate and comparative statistics on call content, volumes, and outcomes, and many educational opportunities available for your staff, board, and volunteers. There are many other benefits that are of great value to distress and crisis organizations. To learn more, [click here to see the full list of benefits](#).

If you need more information, contact Liz Fisk, Executive Director, at evfisk@dcontario.org or 416-486-2242 x 361.



DCO 2016 Upcoming Events and Schedule of Meetings

SOV Nomination Deadline

March 28

SOV Selection Committee

April 4

National Volunteer Week

April 10 - 18

Board of Directors Meetings

April 13

June 22

October 19



Education Committee Meetings

March 24

April 28

Finance Committee Meeting

March 16

Governance Committee Meeting

TBA

ONTX Steering Committee Meeting

TBA

Upcoming Learning Forums Videos

February: Hoarding or Collecting

March: Obsessive Compulsive Disorder

April: PTSD

May: Mental Health First Aid

Lunch and Learn Session

March 1: CRA Charity Audit Update

News from our Member Centres

London Distress Centre

[Defeat Depression Walk & Talk](#)

Saturday, February 27th

Registration at 9:00 am, walk at 10:00 am

Location: Victoria Park (509 Clarence St) - London, ON



Join our team, the London Defeat Depression Crusaders, for a Walk & Talk for Mental Health. The day will include a short walk downtown followed by post-walk festivities (indoors!), including food, fun, and a guest speaker. Proceeds from this year's event are going to the London and District Distress Centre. Help us spread awareness about mental health issues and de-stigmatize mental illness!

Distress Centre Ottawa and Region

Save the Date for Chocolate!

The [9th Annual Chocolate Affair Gala](#) to support Distress Centre Ottawa & Region is scheduled for April 28th, 2016. Tickets go on sale January 15th, 2016. Contact Leslie Scott at 613-238-1089 x 222 or lscott@dcottawa.on.ca.

Please [email](#) us to share your centre's news and upcoming events in *e-News & Views*.

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