

February 2014

In this issue:

[Human Trafficking:  
Horror and Help](#)

[Spirit of Volunteerism:  
Eligibility  
Requirements](#)

[2014 Federal Budget](#)

[Take a Note: How  
Centres Teach Call  
Takers About Call  
Reporting](#)

[10 Most Inspired Tips](#)

[New Offerings from  
Learning Forums](#)

[DCO 2014 Spring  
Conference](#)

[Member Centre News  
& Upcoming Events](#)

Upcoming Events:

SOV Nomination  
Deadline  
March 24, 2014

Lunch and Learn:  
Writing a Stellar SOV  
Nomination  
March 6, 12 pm

LGBTQ Issues  
Webinar  
Starting March 20 for  
four weeks

National Volunteer  
Week  
April 6-12, 2014

## Human Trafficking: Horror and Help

By Leah Morrigan

According to Western University's Centre for Research & Education on Violence Against Women & Children, human trafficking is "a serious human rights violation and a clandestine crime. It is perpetuated primarily against women and children, occurs at the international and Canadian level, and involves the recruitment, transportation or harbouring of persons for the purpose of exploitation." [Read more.](#)



## Spirit of Volunteerism: Eligibility Requirements

Every centre has a wonderful pool of volunteers, and I'm sure every centre also has those who seem to go above and beyond the call of duty. Have you thought about nominating those outstanding volunteers for the Spirit of Volunteerism Recognition?



We would like to see nominations from every centre, so give some thought to those dedicated volunteers who have gone that extra mile and who exemplify the Spirit of Volunteerism. [Read more.](#)

[back to the top](#)

## 2014 Federal Budget

The Government's 2014 Federal Budget was released this month and contains significant implications to the provincial not-for-profit sector. Based on a review from Imagine Canada, the points below highlight the changes:

Consultation on Non-Profit Organizations (p. 335) Included in the budget is an item on income tax exemption



Spring Conference  
April 24-25, 2014  
Cambridge  
Conference Centre,  
700 Hespeler Road,  
Cambridge

New content each  
month!  
[learningforums.ca](http://learningforums.ca)  
Get a password  
through your centre's  
volunteer coordinator.

New Releases:  
Communicating with  
Youth Experiencing  
Depression or  
Suicidality

Upcoming Releases:  
March 2014:  
Supporting LGBTQ  
Individuals in Creating  
a Positive Listening  
Space

April 2014:  
Is Gambling Really a  
Problem?

## 2014 DCO Committee Meetings:

Board of Directors  
Meetings  
(Wednesdays, noon)  
March 26, 2014  
(teleconference)  
May 14 (in-person)  
July 16  
(teleconference)

Education Committee  
(9:30 am)  
March 27  
May 22

Finance Committee  
(3:30 pm)  
March 12

SIOM Oversight  
Committee  
(10 am)

for non-profit organizations. It noted there were concerns that some organizations claiming this exemption may be earning profits that are "not incidental to carrying out the organization's non-profit purposes". [Read more.](#)

[back to the top](#)

## Take a Note: How Centres Teach Call Takers about Call Reporting

By Haley Hechtman, SIOM Coordinator

Call reports play an integral role in depicting the impact that distress centre services have on the callers and the communities they serve. These reports paint a picture of what is happening on the phone lines in a way that allows us to reflect on trends, enhance quality assurance, and move towards the development of programming that meets the growing needs of those who access our agencies. [Read more.](#)

[back to the top](#)



## 10 Most Inspired Tips

By Gerry Visca  
Edited by Leah Morrigan

Over the next few months, we are offering ten tips from Canada's Creative Coach, Gerry Visca, so you can reach out and inspire others with your passion and your purpose. [Read more.](#)

[back to the top](#)



## New Offerings from Learning Forums

Learning Forums is pleased to once again offer you training and education opportunities through Lunch & Learn sessions and webinars. We have some exciting topics coming up, so watch the newsletter and your email inbox to make sure you don't miss an opportunity to add to your skill set through our on-line learning format. [Read more.](#)

[back to the top](#)



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[Read more.](#)

[back to the top](#)

March 24

SOV Committee  
March 28

CWSO/DCO Meeting  
March 13

Join Our Mailing List!

## DCO's 2014 Spring Conference

*Save the date!* DCO is holding its annual spring conference April 24-25, 2014 at the Cambridge Hotel & Conference Centre, 700 Hespeler Road, Cambridge, ON.

The theme of the two-day conference is Trauma Informed Support, and each day is shaping up to have a different focus:

- Thursday, April 24: Dedicated to crisis and distress lines with a DCO focus;
- Friday, April 25: Day two is opened up to the community with speakers and a variety of workshops/sessions to educate and inform our members and members of the broader community.

If you want plan ahead and arrange your accommodation early, call the [Cambridge Hotel & Conference Centre](#) at 1-866-622-1505 to book your room, and remember to tell them you are with Distress Centres Ontario. Rooms are available for only \$99/night, including a hot breakfast.

Keep an eye out for more information on our Spring Conference as it comes available. The program will be available in March, so keep an eye on your inbox!

[back to the top](#)

## Member Centre News & Upcoming Events

Distress Centres Ontario is pleased to offer our member centres a place to share their news and upcoming events. If your centre has news or would like to promote an event, please contact Jackie Grigsby at [jgrigsby@dcontario.org](mailto:jgrigsby@dcontario.org) or at 416-486-2242 x 362.



### Clara's Big Ride for Bell Let's Talk

Six-time Olympian Clara Hughes will ride into London on March 19th for "Let's Talk London", a unique community event that will feature Clara Hughes as a keynote speaker, with the goals of inviting Londoners to open the conversation and help remove the stigma associated with mental illness.

### The London and District Distress

Centre is among the 95 Community champions from local mental health organizations across the country who will host Clara Hughes in their communities. Clara's Big Ride for Bell Let's Talk will span 12,000 kilometres over the course of 110 days, beginning in Toronto March 14, 2014 and concluding in Ottawa on Canada Day, July 1.

A limited number of tickets are now on sale for "Let's Talk London", available on the [London and District Distress Centre website](#).

Please forward to your colleagues, family



members, and friends. Hope to see you there!

London and District Distress Centre is hosting the 11th annual [Diva Day](#) at Windermere Manor on Sunday, April 13, 2014. Diva Day provides an opportunity for women to be pampered and spoiled while raising money for the London and District Distress Centre. Past participants of Diva Day enjoyed the opportunity to try new products and services, visit with friends and enjoy a day dedicated to make them feel like Divas!



Tickets are \$120. Please call 519.667.6585 for more information or email [sarah@londondistresscentre.com](mailto:sarah@londondistresscentre.com).

The Distress Centre of Ottawa & Region hosts their 7th annual fundraising event, "[A Chocolate Affair Gala](#)" on May 28th, 2014 at the Ottawa Convention Centre-- tickets now on sale!

The event boasts a delicious 4- course chocolate-infused dinner, silent auction, raffle draw and prizes, and sweet treats all night long from local vendors, and all proceeds go to the centre's 24-hour crisis line services.

Tickets are \$100 each and are on sale now. Please call Leslie Scott, Community Relations Coordinator, at 613-238-1089 x 222 to book yours.

[back to the top](#)

THE DISTRESS CENTRE OF OTTAWA & REGION  
PRESENTS THE 7<sup>TH</sup> ANNUAL

## Chocolate Affair Gala

FOUR COURSE CHOCOLATE INFUSED  
DINNER, RAFFLE DRAW, SILENT AUCTION,  
& SWEET CHOCOLATE TREATS ALL NIGHT!

MAY 28, 2014  
6:00-10:00PM  
OTTAWA CONVENTION CENTRE

\$100 PER PERSON  
CALL 613-238-1089 FOR TICKETS

ALL PROCEEDS BENEFIT OUR 24/7 CRISIS LINE!

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