

March 2014

In this issue:

[DCO Welcomes the Nunavut Kamatsiaqtut Help Line](#)

[DCO's Online/Text Collaborative Project](#)

[Complying with Canada's Anti-Spam Legislation](#)

[Human Trafficking: Horror and Help Part II](#)

[Social Media Update: Pew Research Internet Project](#)

[10 Most Inspired Tips](#)

[2014 SOV Nominations Received](#)

[Learning Forums Anti-Spam Lunch & Learn](#)

[DCO's Spring Conference](#)

[Member Centre News & Upcoming Events](#)

Upcoming Events:

National Volunteer Week  
April 6-12, 2014

Spring Conference  
April 24-25, 2014  
Cambridge  
Conference Centre,

## DCO Welcomes the Nunavut Kamatsiaqtut Help Line

In the Canadian north, across an expanse of almost 2 million miles from the Nunavut territory to Nunavik in northern Quebec and across three time zones, the Nunavut community came together 24 years ago to create northern Canada's first supportive help line, Distress Centres Ontario's newest member centre. [Read more.](#)



## DCO's Online/Text Collaborative Project

The Ontario Trillium Foundation has granted the DCO Online/Text Collaborative Project (ONTX) \$257,700 over two years. At a ceremony held in Kitchener on March 28, 2014, the Minister of Government Services, MPP John Milloy, along with MPP Catherine Fife and MPP Michael Harris, presented DCO Executive Director, Elizabeth Fisk and grantees from seven other agencies with a commemorative plaque. [Read more.](#)

[back to the top](#)

Ontario  
Trillium Foundation



Fondation Trillium  
de l'Ontario

## Complying with Canada's Anti-Spam Legislation

On July 1, 2014, CASL, or the Canadian Anti-Spam Legislation, will impact both business and not-for-profit organizations, imposing new rules for both email marketing and social media for sending commercial electronic messages. Under CASL, it is imperative to get your audience's explicit permission to send them electronic messages or face stiff fines. [Read more.](#)

[back to the top](#)



## Human Trafficking: Horror and Help Part II

By Leah Morrigan

In our collective imagination, the thought of human trafficking conjures images of young

700 Hespeler Road,  
Cambridge

Anti-Spam Lunch &  
Learn Webinar  
April 29, 12 pm

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

The four-part series,  
Moving Your  
Understanding of  
Issues of Sexual  
Orientation and  
Gender Identity  
Supporting the LGBTQ  
Community continues  
until April 10

New Releases:  
Communicating with  
Youth Experiencing  
Depression or  
Suicidality

Upcoming Releases:  
April 2014:  
Is Gambling Really a  
Problem?

## 2014 DCO Committee Meetings:

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

Education Committee  
(9:30 am)  
April 29  
May 22

SIOM Working Group  
Committee

Thai or eastern European girls chained up against their will and forced into prostitution, but it's more often a domestic issue. In the London and Middlesex region, local girls are targeted and Native women from surrounding reserves are brought into the city to work in the sex trade. [Read more.](#)

[back to the top](#)



## Social Media Update: Pew Research Internet Project

By Maeve Duggan and Aaron Smith  
Edited by Leah Morrigan

*Findings of this study may prove useful for not-for-profits wishing to more fully engage their community by way of social media.*

This report is based on the findings of a survey on Americans' use of the Internet. The results in this report are based on data from telephone interviews conducted by Princeton Survey Research Associates International from August 7 to September 16, 2013, among a sample of 1,801 adults, age 18 and older. [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](#)



## 2014 SOV Nominations Received

Nominations for the 2014 Spirit of Volunteerism Recognition closed on Monday, March 24th. Fifteen nominations were received from eight DCO member centres. The Selection Committee will be meeting at the end of March for the difficult task of selecting the recipients.

(10 am)  
April 17

Finance Committee  
(1 pm)  
April 29

[Join Our Mailing List!](#)

Watch for a special edition of *e-News + Views* during National Volunteer Week, April 6-12. As in the past, all the wonderful nominees will be highlighted and the recipients will be announced.

A celebration gala dinner will be held in September. Invitations will be sent to nominees and recipients, who are welcome to invite friends and family to join them on their special evening. Details of the gala dinner will be announced during the summer months.

We wish to thank the member centres who submitted nominations for their support of this program that recognizes and celebrates the outstanding volunteers we have within our association. It is their hard work and dedication that makes DCO and our member centres such strong organizations.

[back to the top](#)

## Learning Forums Anti-Spam Legislation Lunch & Learn

If you wish to learn even more about the Anti-Spam legislation and you are a centre leader (Board or Staff), please register for the April Lunch and Learn.



Ryan Prendergast, lawyer at Carters Professional Corporation, will present new and important information on the new legislation that takes effect July 2014. Charities and non-profit organizations must ensure they are in compliance.

A variety of topics will be covered in-depth including the consequences, exemptions, and application of the legislation. A question and answer session will follow the presentation. Registration information is available through the Executive Directors of DCO member centres.

[back to the top](#)

## 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.



London and District Distress Centre hosts 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 presents their 7th annual fundraising event, [A Chocolate Affair Gala](#) on May 28th, 2014 at the Ottawa Convention Centre-- tickets now on sale!

The event features 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 and support the Distress Centre of Ottawa & Region!

More Ottawa & Region News: Ottawa Distress

Centre's Manager of Educational Services, Arianne Richeson, is currently on maternity leave until February, 2015. Her replacement is Jennifer Montague who can be reached at [jmontague@dcottawa.on.ca](mailto:jmontague@dcottawa.on.ca)

[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 613-230-1089 FOR TICKETS

ALL PROCEEDS BENEFIT OUR 24/7 CRISIS LINE!

CHOCOLATE SPONSORS

EVENT SPONSORS

**GRADE·A**  
Plan IT. Build IT. Manage IT.

**VIA**

**MAJIC 100.3**  
Today's Best Food

*Giving has never tasted so sweet!*