

September 2012

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Upcoming Events...

DCO AGM
Sunday, October 14, 5 pm
Canadian Room A/B,
Crowne Plaza Hotel
Niagara Falls, ON

SOV Spirit of Volunteerism Recognition and Dinner
Sunday, October 14,
6:30 pm
Fallsview A/B/C
3rd floor, Conference
Level, Sheraton-on-the-

Crisis/Distress Line Conference

A DCO 'PARTNERSHIP TOOLKIT' Networking Event

Many of you have already signed up...but if you haven't yet (or are considering bringing more staff, volunteers or board members) consider joining us on Sunday, October 14th at the Crowne Plaza Hotel & Conference Centre (directly adjacent to the Sheraton-on-the-Falls Hotel).

As you know, each year we offer our DCO membership a Fall Networking event and this year we have chosen to offer it at the same location and just before the CASP 2012 conference, to provide you with the opportunity to travel only once. Also, we have extended an invitation to Crisis and Distress Centres throughout the country to join us.

We encourage you to hear various engaging speakers, starting with the Honourable Bob Rae who will provide an address at 9:15 am. We encourage you to review the full agenda [here](#).

We encourage all DCO member centres staff and volunteers to join us to learn and be stimulated, to network with other centres, and enjoy a day with your DCO family! Time is running out!. Click [here](#) to register!



Practical Project Management

Kevin Quinn has taught "Practical Project Management" to over 2,000 business and volunteer leaders in non-profit agencies. Kevin comes to the CASP Conference for a full-day workshop on Saturday, October 13th and a follow-up morning session on Sunday, October 14th.

Getting everything done is a special challenge to suicide prevention volunteers. Learn the skills necessary to turn ideas and enthusiasm into successful projects, despite scarce resources and limited budgets.

Take advantage of this great opportunity! For \$150 you can spend a day and a half learning the tools to get you started and stay organized so you can deliver what you want, when you want! To learn more about the session, [click here](#).



Falls Hotel
Niagara Falls, ON

CASP 2012 National Conference

Monday, October 15 -
Wednesday, October 17

Sheraton-on-the-Falls
Niagara Falls, ON

Educators Stream

Wednesday, October 17

Crowne Plaza Hotel,
Niagara Falls, ON

ED Exchange

November 15

Mississauga/QEW
area - TBA

How to Become an Ally to the Aboriginal Community

November 27
CAMH, Toronto

New content each month on

[learningforums.ca!](http://learningforums.ca)

Get a password through your volunteer coordinator.

2012 DCO Committee Meetings...

Education Committee Meetings

(Thursdays):

October 18

November 15

December 20

Board of Directors

Meeting (Tuesday):

November 13

[Join Our Mailing List!](#)

I have attended Kevin's 2-day course on Project Management and recommend it highly. He is a fantastic workshop leader. I learned lots of excellent, practical strategies and tools that I could use in all aspects of my work.

- Jenn Brasch, MD, Chair, Scientific Program Committee, CASP Conference 2012

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Grief After Suicide

Do you have community partners who might benefit from Sunday's special session with renowned psychologist, JACK JORDAN?

Encourage them to attend this session on Sunday, October 14th, 2012. [Click here](#) for more information and pass it on to others in your community.

The suicide of a loved one can have a profound and sometimes devastating impact on those left behind. Bereavement after suicide may entail high levels of disorientation, guilt, regret, anger, and trauma. Survivors may also find their relationships with other people changed, as they struggle with the social stigma often placed on suicide, and the social ambiguity created in relationships with social networks after a suicide. Survivors may also be at risk for elevated rates of complicated grief and future suicidality themselves. All of this makes surviving the suicide of a loved one a potentially life-transforming ordeal that requires a level of support that goes beyond traditional grief counseling.

This workshop will provide a focused overview of the impact of suicide on survivors, and the clinical and support responses that are needed after a suicide occurs. The workshop will include didactic presentation, group discussion, case examples from the presenter's practice, and video. The workshop will also draw from the instructor's recently released volumes: *Grief After Suicide* (Routledge, 2011) and *Devastating Losses* (Springer, 2012).

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Spirit of Volunteerism Recognition Reception and Dinner

Against the stunning background of Niagara Falls, join us at the Sheraton-on-the-Falls Hotel as we celebrate the wonderful volunteers of our member centres at the 5th Spirit of Volunteerism Reception and Dinner on Sunday, October 14th, 2012.

Our event takes place in Fallsview Studio ABC, 3rd level conference



5th
Annual
Spirit
of
Volunteerism
Recognition

centre of the Sheraton-on-the-Falls Hotel & Conference Centre.

Following the Crisis/Distress Line Conference and the DCO Annual General Meeting earlier in the day at the Crowne Plaza Hotel, the SOV celebration will round off a full day for DCO, our member centres, their volunteers, and other conference delegates.

Distress Centres Ontario is pleased to subsidize the dinner costs. Current and past SOV nominees and recipients can order their tickets at no charge; Family, Friends of nominees and recipients pay only \$30 per ticket, as do DCO centre members and staff. General CASP2012 conference delegates and Crisis/Distress Line Day attendees are welcome to attend at \$65 per ticket. [Register now.](#)

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Notice of Annual General Meeting

The Annual General Meeting of Distress Centres Ontario takes place in Niagara Falls, Ontario, Sunday, October 14th, 2012 at 5:00 pm at the Crowne Plaza Hotel Conference Centre, Niagara Falls.

All DCO member centres, their staff, board members and volunteers are welcome to attend. Please ensure that if the Chair of your Board is not attending, that the voting representative has forwarded a copy of the Proxy to the DCO offices.

The AGM follows directly after the Crisis/Distress Line Conference. Those attending the Crisis/Distress Line Conference or the SOV Recognition Reception and Dinner should register at casp2012.ca.

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Becoming an Ally to the Aboriginal Community: A Full Day Course

November 27, 2012
CAMH - Toronto
By Lynn Brewin

Distress Centres Ontario staff and Association representatives are working diligently towards the preparation of two new service initiatives with the goal of launching them in the New Year. It is the intent of DCO's Board to help ensure that all its association leaders are prepared to be knowledgeable and sensitive to Aboriginal cultural and community



MOVING FORWARD THROUGH PARTNERSHIPS



Photo by National Post

issues that they might not have previously encountered. [Read more.](#)

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Ten Reasons People Resist Change

By Rosabeth Moss Kanter, *Harvard Business Review*, edited by Leah Morrigan

Leadership is about change, but what is a leader to do when faced with resistance? Resistance to change manifests itself in many ways, from foot-dragging and inertia to petty sabotage to outright rebellions. The best tool for leaders of change is to understand the predictable, universal sources of resistance and then strategize around them. Here are the ten I've found to be the most common. [Read more.](#)



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Are Non-Profit Staff Taking On Too Much?

By Susan Fish, edited by Leah Morrigan

Non-profits attract people inspired by the mission of their organization and who recognize organizations' reliance on staff who, as the cliché goes, give 110%. A certain degree of pitching in and working overtime as needed comes with the territory. While stepping up and taking initiative is one thing, what happens when employees are asked to take on additional duties and responsibilities that are well beyond the scope of their job? [Read more.](#)



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