

**September 2013**

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**Upcoming Events:**

2014 Spring Networking Days  
April 24-25, 2014  
Location TBD

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

**2013 DCO Committee Meetings:**

Board of Directors Meetings  
(Wednesdays)  
November 13, noon (teleconference)  
January 8, 2014, noon (in-person)  
March 19, noon (teleconference)

Education committee

## DCO's Annual General Meeting

Following the Fall Networking Day program, we were glad to see so many of you attend the 2012-2013 Annual Meeting on Friday, September 20th.



The business of the meeting included Treasurer, Colleen Gallagher, presenting the 2012-13 financial report, as well as reports on the activity of the Ontario Association of Distress Centres from Board Chair, Victoria Kehoe, and Executive Director, Elizabeth Fisk. Copies of the 2012-2013 Annual Report are available upon request from the DCO offices. [Read more.](#)

## 2012 - 2013 Annual Report Quick Facts

**240,000+** calls received by DCO member centres in 2012:

**43%** of callers were seeking ongoing support

**25%** were occasional callers

**14%** were first-time callers

**25,000+** suicide-related calls in 2012

**37%** were referred by friends or family members

**64%** of our callers were female, **36%** were male

**32%** discussed interpersonal issues, felt lonely or wanted social contact

DCO refers callers to:

**16%** Counselling services

**14%** Mobile crisis units

**9%** Community and government agencies

**7%** Hospitals/ER

**7%** Doctors or psychiatrists

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## A Successful Fall Networking Event

On September 19th and 20th, DCO held their Fall Networking Days. Thirty-seven individuals registered to attend the event, held at the Novotel Hotel in Mississauga. It was a busy couple of days with a guest speaker, table-top discussions, a full morning Quality Improvement Workshop, updates from DCO, and presentations from select member centres. [Read more.](#)



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## Getting on with the Business of Living

Presented by Alan Strong at the 2013 DCO Fall Networking Days

Alan Strong, employed by the Self Help Alliance as the Team Lead for the Skills for Safer Living Program and the Centre of Excellence, provided both an



(Thursdays, 9:30 am)  
October 24  
November 28

Finance Committee  
(Wednesdays, 3:30 pm)  
November 8  
January 6, 2014  
March 12, 2014

Governance  
Committee  
TBA

SIOM Oversight  
Committee  
October 30, 10 am  
November 22, 10 am  
December 18, 11 am

SIOM Working Group  
Committee  
October 25, 10 am  
November 20, 10 am

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informative and entertaining presentation at our recent DCO Fall Networking Days. He drew from his professional work and his own personal experience to give workshop participants a view into the lives of those dealing with mental health issues, and the community's sometimes limited understanding of, and response to them. [Read more.](#)

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## How To Convert One-Time or Annual Donors into Monthly Givers

Thinking about monthly giving is one of the smartest things you can do as a fundraiser. At Network for Good, we find that 30-40% of the online donation volume coming from a non-profit's website is monthly giving. It would wonderful for non-profits to thank people every month instead of asking them for donations every few weeks. [Read more.](#)



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## Volunteering Makes You Happier

Volunteering makes you happier and maybe even healthier, too. Giving your time to others doesn't just benefit them.



We know about the good that volunteers do. From delivering meals to the elderly to staffing polling stations at election time, we'd be lost without volunteers in our society. But there's another reason why volunteering is a good thing, and that's for the effect on individuals themselves. More and more research shows that volunteering improves health and well-being among people who do it. [Read more.](#)

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## 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 x362.



**London & District Distress Centre**  
Thursday, October 10th - World Mental Health Awareness Day

London & District Distress Centre will host [Daybreak 2013: Mental Health in the Workplace](#) from 7 am - 10 am at Best Western Lamplighter Inn, London. Registration: before September 15: \$40; after September 15: \$50. Call 519-667-6542 for more information.

**Distress Centres North Halton & Oakville**

With funding from the Ontario Trillium Foundation, Distress Centre North Halton & Oakville have collaborated on a new video that explains and promotes their support services. [Click here to view.](#)

**Ottawa & Region Distress Centre**

Sunday, October 20th - Diva Day at Le Nordik Spa & Nature  
This strictly-for-ladies fundraiser includes Scandinavian bath access, mini makeovers, mini manicures, personal tarot card readings, treats, a blind auction, and a gift bag for all participants. [Click here](#) for their "save the date" flyer.

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## Trauma and Attachment Conference

The Attachment and Trauma Treatment Centre for Healing (ATTCH) is holding its first annual Trauma and Attachment Conference on October 7 - 8, 2013 at the Four Points by Sheraton Niagara Falls-Fallsview. [Read more.](#)



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