

January 2019

Bell's [Let's Talk](#) Day is January 30 - what is your centre doing? Consider highlighting January 30 as an opportunity to increase your centre's exposure to the community at large.

Donate to Distress Crisis Ontario and thank you for your support! Please click right to donate.



Save the Date! DCO Winter Conference: Loneliness or Solitude

The DCO Winter Conference takes place at the Kitchener Holiday Inn, February 12-13. This year, our focus is on loneliness, a state of mind with enormous consequences to mental, emotional, and physical health. There is a world-wide movement to support lonely people in order to improve mental health, and at this winter's DCO Conference, attendees will learn about this far-reaching issue, technological causation and hindrance, support options, emerging issues around loneliness, and other information from their peers and service providers in attendance. [Register here](#).

[Read more...](#)



Loneliness Matters: A Theoretical and Empirical Review of Consequences and Mechanisms

Loneliness is "an equal opportunity tenant"; the distressing feeling that can appear when one's social needs are not met by the quality or quantity of one's social relationships. Loneliness is a common experience with peaks and valleys throughout our life phases. In line with DCO's upcoming Winter 2019 Conference, Loneliness or Solitude: The Twin Faces of Technology, this article by researchers, Hawkey and Capiosso, delves into the features and consequences of loneliness to inform and reduce loneliness.

[Read more...](#)



Tech Interventions to Loneliness

There is clearly a need for online mental health services and no doubt that online mental health support is crucial in helping to balance the demand for services. Organizations throughout the world are rising to the occasion and developing digital support for mental health matters.

[Read more...](#)



Social Prescriptions for Loneliness

Loneliness is the root of many physical, emotional, and mental health issues. Lack of social involvement and social isolation hosts an enormous number of ailments that range from alcoholism and anger to blood pressure issues, and from suicidal thoughts to anxiety to cognitive impairment. Loneliness affects a great number of people, and medical practitioners are turning to social prescriptions to reach them.

[Read more...](#)



Learning Forums Update: Podcast Production Underway

DCO is working on a new and exciting addition to our Learning Forums (LF) program and expanding its educational offerings with the development of a series of podcasts which will be made available to all our DCO member organizations.

[Read more...](#)



Top 10 Compliance Problems for Registered Canadian Charities: Part One

Canadian charity and not-for-profit (NFP) lawyer, Mark Blumberg, reveals the top 10 most common compliance concerns for Canadian registered charities and offers tips to meet our duty of care and reduce the risk of being audited.

[Read more...](#)



Canada Revenue Agency

Agence du revenu du Canada

DCO 2019 Upcoming Events and Schedule of Meetings

DCO Winter Conference

February 12-13
Holiday Inn, Kitchener

DCO Annual General Meeting

Friday, June 21
Location TBD

Board of Directors Meetings

Thursday, April 26

Thursday, June 13

Education Committee

Thursday, February 28

Thursday, March 28

Podcast Sub-Committee

Monday, February 4 & 25

Review & Realign Sub-Committee

Thursday, February 14 & 28

ONTX Steering Committee

Monday, February 11

Monday, March 11

Monday, April 8



News From Our Member Centres

DCO would like to recognize the **Distress Center of Ottawa & Region** for their exceptional response and support to the community regarding the Westboro bus crash. Centre leadership and volunteer responders have competently and responsively provided services for a 10 percent increase in demand. Well done!



Distress and Crisis Ontario | Centres de Détresse et des Crises d'Ontario
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