

## April 2021 Newsletter

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"Easter is the only time when it's perfectly safe to put all of your eggs in one basket". - Evan Esar

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### April Holidays and Observances

April Fools Day to start off the month, Easter holidays over the first weekend, a delayed Spring Break for many families, and Autism Awareness being a theme means that April has a lot to offer. To check out what all is worth celebrating in the month of April, [click here](#).



### Update on COVID-19 Vaccinations

With COVID-19 variants emerging and talk of potential new shut downs, keep up to date with Ontario's vaccination plan and learn when you may qualify to receive your own vaccine [here](#).



### How to have safe gatherings...

Between the Easter holiday being celebrated over the first weekend in April and schools having their rescheduled Spring Break occurring later in the month, it's always good to know what COVID prevention level your area is in to determine what is safe when it comes to socially distanced gatherings with family and friends. You can check the restrictions in your area by clicking [this link](#).



### Mental health campaigns alone can't reduce suicide rates, advocates say

A recent study published in the Canadian Journal of Psychiatry found mental health awareness campaigns have not decreased the rate of suicide in Ontario. The study, led by Dr. Mark Sinyor of the Sunnybrook Research Institute and published on Feb. 10, looked at

suicides in Ontario during the week of the Bell Let's Talk campaign in 2016 and compared it to all suicides in the province between 2011 and 2016. This gave them a method of testing associations between suicides and Bell Let's Talk Day. The study found "no associated change in suicide counts," meaning no decrease in the number of deaths by suicide during the annual mental health awareness campaign.



[Read more...](#)

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## Combatting pandemic fatigue while working from home

Organizations are getting creative to counteract pandemic fatigue. Require folks to take vacations. Many haven't done so at all through the pandemic and need a break.

Encourage walking meetings rather than screen time, even if that means walking around their apartment.

[Read more...](#)



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## News from and for our Member Centres

We will be holding a lunch and learn webinar on April 14, 2021, at 12:00PM that will be used solely as a time for networking between Member Centres. We would like to explore how each Distress Centre is handling things now that we are more than a year into the pandemic, what is happening that is new, what are the current positives and negatives you are facing, and any other topics you may want to cover. Please mark this date on your calendars and look for an email containing a Zoom invite from us closer to the date.



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## DCO Updates

### Changes to this Newsletter

We have made the decision to switch from large, quarterly newsletters to a smaller, monthly update. By making this change we are hoping to be able to provide more relevant current events, give DCO and Member Centre updates in a more timely manner and keep the size of the newsletter manageable.



### Spirit of Volunteerism Committee

Earlier this year we held the first virtual meeting as a Spirit of Volunteerism Committee in order to explore new ways to better support volunteers within our member DCs. We have developed a framework for moving forward with our goals and will be implementing this plan over the course of the next couple of months.



If you are a Member who would like to provide some input, please join this committee by either reaching out to the Executive Director or contacting us at [info@dcontario.org](mailto:info@dcontario.org).

## Website

A reminder that the new DCO website has been completed and we are in the midst of a soft launch at [dcontario.org](http://dcontario.org). Please give the site a visit, look around, and reach out to us at [info@dcontario.org](mailto:info@dcontario.org) if you notice any changes that should be made, or if you encounter any glitches in the system.



## Podcast

Don't forget to [listen](#) to our podcast as we discuss current events and relevant themes with a variety of guests. We spent the month of March exploring the topic of addiction and will be focusing on suicidality, grief associated with suicide loss, and how to talk about all of these things through the month of April. New episodes are released every Monday.



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## Things you may find interesting

### A look at Ontario's budget for 2021

"The 2021 Budget outlines Ontario's next steps to defeat COVID-19. It brings total investments to \$16.3 billion to protect people's health and \$23.3 billion to protect our economy. Ontario's total response to COVID-19 is now \$51 billion."



[Read more...](#)



Thank you for supporting Distress and Crisis Ontario. [Click here](#) if you would like to donate through CanadaHelps.org, or [click here](#) to purchase a Blue Jay Poster through ONTogether and support us that way.



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## DCO Upcoming Events and Schedule of Meetings

### Lunch and Learn Webinar

April 14, 2021 at 12:00PM

### Board Meetings

April 27, 2021 at 1:00PM

June 9, 2021 at 1:00PM

June 18, 2021 at 11:00AM

### Annual General Meeting

June 18, 2021 at 10:00AM



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