



June 2021 Newsletter

"I wonder what it would be like to live in a world where it was always June."
- L. M. Montgomery

June Holidays and Observances

June brings the beginning of summer, Father's Day, Pride Month, Men's Health Month, and many other noteworthy dates. To all the fathers, we wish you a Happy Father's Day and hope you feel celebrated! To everyone celebrating Pride, we hope you feel loved, accepted, and supported this month and always.

To see what other days there are to celebrate in June, [click here.](#)



Update on Reopening in Ontario

"Learn about the Roadmap to Reopen, the province's three-step plan to safely and gradually lift public health measures based on ongoing progress of provincewide vaccination rates and improvements of key public health and health care indicators."

Read more [here.](#)



The Other Side of Languishing Is Flourishing. Here's How to Get There.

"With vaccination rates on the rise, hope is in the air. But after a year of trauma, isolation, and grief, how long will it take before life finally — finally — feels good?"

Post-pandemic, the answer to that question may be in your own hands. A growing body of research shows that there are simple steps you can take to recharge your emotional batteries and spark a sense of fulfillment, purpose, and happiness. The psychology community calls this lofty combination of physical, mental and emotional fitness "flourishing." It is the exact opposite of languishing, that sense of stagnation Adam Grant wrote about recently for The Times."



[Read more...](#)

National Indigenous History Month

June is National Indigenous History Month in Canada, and it feels more timely than ever to learn more about the role our country has played in impacting the lives of the Indigenous Peoples all across Turtle Island, now known as Canada. If you would like to see Distress and Crisis Ontario's response to the news of the 215 bodies of Indigenous Children found buried, you can find it below.



"In June, we commemorate National Indigenous History Month 2021 to recognize the history, heritage and diversity of First Nations, Inuit and Métis peoples in Canada."

[Learn more...](#)

Learn about men's health in Canada and tips for coping with COVID-19

"We intervene early by offering e-health resources that improve men's quality of life today and reduce men's risk for chronic diseases. We are a dedicated team of professionals continually measuring our impact and refining how we engage men. Backed by medical evidence, our methods are proven. We've had some success and are hungry for more."



[Read more...](#)

Pride Toronto: Phygital Festival 2021

On May 3, Pride Toronto announced all virtual-based programming, including over 70 individual events showcasing more than 130 2SLGBTQ+ artists, 14 party collectives, and seven community committee programs. The full programming lineup can be found online at PrideToronto.com/PrideGuide.



In alignment with the City of Toronto's restrictions, Pride Toronto is excited to announce additional phygital based Festival programming further showcasing Toronto's vibrant 2SLGBTQ+ arts community.

[Learn more...](#)

News from and for our Member Centres

Distress and Crisis Ontario's Annual General Meeting will be held virtually, VIA Zoom, on Friday June 18th at 10:00AM. We will be sharing updates from the 2020-2021

fiscal year, hear from guest speaker Valérie Brosseau on the impact of volunteering as a Distress Centre phone responder, and provide a digital Annual Report to all attendees.



To register for our AGM, please click [here](#).

DCO Updates

Change of Address

Distress and Crisis Ontario has a new mailing address! You can now reach us by mail at:

Distress and Crisis Ontario
PO Box 40115
RPO Waterloo Square
Waterloo, ON
N2J 4V1



An email has been sent out to all Member centres sharing this new information as well.

Learning Forums Update

In preparation for our Annual General Meeting, we will be releasing our first two updated Learning Forums modules to our Member Centres by Friday June 11th. These new modules cover the topics of Caregiver Stress and an Introduction to Abuse. We are looking forward to sharing this new content with our Members!



If you would like to learn more about becoming a Member and benefitting from our Learning Forums materials, monthly webinars, funding opportunities, and more, please contact us by email at info@dcontario.org.

Spirit of Volunteerism Committee

Our Spirit of Volunteerism Committee continues to work towards implementing change for the benefit of frontline volunteers. We recently shared some questionnaires on burnout for both our Member leadership teams and their frontline volunteers to complete and received some very insightful feedback on the current climate of volunteerism.

With the information gathered, we have decided to begin offering monthly webinars for frontline volunteers from all of our Member centres to gather virtually, learn about new topics, and share their experiences together. We will be hosting our first webinar this month on the topic of Work From Home and the link to register will be sent out to all Members.

A special shout out to Sandhya, Jessica, Melissa, and Lydia - some of the winners of our gift card draw for completing the questionnaires.

Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at dcontario.org. As our site is still relatively new, we appreciate any feedback you may have if you encounter errors or glitches in the site. You can reach us by email at info@dcontario.org.



Podcast

Don't forget to [listen](#) to our podcast as we discuss current events and relevant themes with a variety of guests. In June, we will be discussing resiliency and recovery as we begin the daunting process of coming out of pandemic living. New episodes are released weekly across most podcast providers, click the image to the right of this blurb to listen to our latest episode and find what platform works best for you to continue listening.



Honouring the 215 Indigenous Children Found Buried

A Statement from Distress and Crisis Ontario

Distress and Crisis Ontario stand with our Indigenous brothers and sisters to denounce the State and Church sanctioned abduction of their children. We hear their justified anger that must be turned into action for healing. The National Centre for Truth and Reconciliation has many imperatives that should be actioned with urgency. We must act NOW! How are you going to be involved?



[Read more...](#)

Additional Resources for Indigenous Well-being

[Here](#) are some additional resources shared by Halton Community Services Directory for members of the Indigenous community who may be struggling right now. Guelph Women in Crisis shared [this](#) information on how to access support, as well as resources for non-Indigenous persons to learn more about the impact of Residential Schools on generations of Indigenous families. Distress Centre volunteers are always available to listen if you need someone to talk to, you can find a centre near you [here](#).



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.



DCO Upcoming Events and Schedule of Meetings

Board Meetings

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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Contact Us

