

March 2021 Newsletter

"Umntu ngumuntu ngabantu" which means "I am because we are".
Venter, E. (2004).

March Holidays and Observances

Every month there seem to be a hundred different dates set aside to celebrate everything and anything, from important historical occurrences to things as simple as poultry. Sometimes it can be hard to keep track of all these different dates, so we have found a site that very helpfully compiles them all in one place. To check out what is going on in the month of March, [click here](#).



Update on COVID-19 Vaccinations

"As vaccine supply increases, the Ontario government is expanding the delivery channels available to administer COVID-19 vaccines to include pharmacies and primary care settings. As of Friday, March 12, over 325 pharmacies will be offering the AstraZeneca/COVISHIELD vaccine to eligible Ontarians aged 60-64, by appointment only, as part of the vaccine delivery pilot program in specific regions."



Read the full news release [here](#).

Easter is coming up, how can we safely celebrate?

While Easter does not actually happen until April 4th, 2021, now is when families are likely trying to make plans for how to celebrate safely again this year. If you or someone you know are looking for some tips and/or activity guides, you could head to [this website](#) for a very good list of ideas. Remember to follow all provincial guidelines for safe gatherings and limitations amidst the ongoing pandemic.



Executive Director or contacting us at 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. Please give the site a visit, look around, and reach out to us at 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 have recently been exploring the themes of hope and isolation through COVID-19 with many different members of the community.



Things you may find interesting

A guide to they/them pronouns

Sometimes learning how to change our patterns of behaviour can be challenging, but it is never impossible. If you would like some tips on how to integrate they/them pronouns into your every day speech patterns [click here](#).



A little something just for fun...

For some fun little tips and tricks on how to cook more efficiently, keep lettuce fresh for longer, or all the interesting ways you can use Alka-Seltzer tablets you can you read more [here...](#)



Thank you for supporting Distress and Crisis Ontario. [Click here](#) if you would like to donate to our organization.



DCO Upcoming Events and Schedule of Meetings

SOV Committee Meeting

March 22, 2021 time TBD

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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Contact Us

