



## July 2021 Newsletter

---

"Promise me you'll always remember: you're braver than you believe, and stronger than you seem, and smarter than you think." — Christopher Robin from Winnie the Pooh

---

### July Holidays and Observances

Many Canadians start July off with a bang as the 1st of the month is Canada Day but, for some, it is a day that marks a dark period in our history. This year, in light of the many unidentified graves being recovered at old Residential schools across the country, many Canadians will be bypassing celebration and instead will wear orange and/or black to honour our Indigenous brothers and sisters.



July 1st, and any day, we could all spend some time reflecting on what it means to be Canadian and how we intend to hold ourselves, the church, and state accountable for the genocide of our Indigenous children.

To see what else is happening in July, [click here](#).

---

### Entering Stage 2 in Ontario

As of June 30, 2021, Ontario is set to enter Stage 2 of the "Roadmap to Reopen". This means an increase in permitted outdoor events and group sizes, increased capacity in indoor shopping areas, a reopening of shopping malls with restrictions, and more.



To see a detailed breakdown of Stage 2, click [here](#).

---

### Building your resilience

Imagine you're going to take a raft trip down a river. Along with slow water and shallows, your map shows that you will encounter unavoidable rapids and turns. How would you make sure you can safely cross the rough waters and handle any unexpected

problems that come from the challenge?

Perhaps you would enlist the support of more experienced rafters as you plan your route or rely on the companionship of trusted friends along the way. Maybe you would pack an extra life jacket or consider using a stronger raft. With the right tools and supports in place, one thing is sure: You will not only make it through the challenges of your river adventure. You will also emerge a more confident and courageous rafter.



[Read more...](#)

---

## Distress and Crisis Ontario's 2020-2021 Annual Report

On June 18th, 2021, we hosted our virtual Annual General Meeting to share a review of our existing services, and to celebrate the accomplishments of both Distress and Crisis Ontario and our Member Centres, from a year that was challenging unlike any we've seen before.



If you would like to know more, [click here](#) to read our Annual Report.

---

## Celebrate Safely During COVID-19

With the school year coming to a close and the summer months leading to ongoing change, it can be challenging to plan fun activities.

"Find out how to celebrate safely with the people you live with. There are many fun and safe things to do this season."



[Read more...](#)

---

## "Through" by Valéry Brosseau

"When surfers paddle out beyond the break  
They dive through the crashing waves,  
Finding the still beneath.  
Where the white caps can't reach  
They find the calm of the other side.  
They trust the water  
Because the way out is through."

If these words resonate with you, consider purchasing Valéry Brosseau's newly published book, "Through". Valéry is a long-time volunteer and friend of DCO, and we are very excited to share her work with you.



To learn more, you can visit her website [here](#).

---

## News from and for our Member Centres



our ONTX program, highlighting our Member Centres, and more. 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.



---

## Mourning The Recovery of More Unmarked Graves

### A Statement from Distress and Crisis Ontario

Cowessess First Nation has shared that it has found 751 unmarked graves on the grounds of the former Marieval Indian Residential School in Saskatchewan. This news is devastating to hear.



[Read more...](#)

Another 182 unmarked graves have been found on Ktunaxa Nation. While we continue to unearth these children, there are many more finds to come. While it is very distressing to make these findings, they bring peace in the knowledge that Indigenous families can finally enter the grieving process and properly lay their children to rest.

### 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

### SOV Volunteer Webinar

July 21, 2021 at 12:00PM

### Board Meetings

September 30, 2021 at 1:00PM

January 27, 2022 at 1:00PM

April 26, 2022 at 1:00PM



## Distress And Crisis Ontario

PO Box 40115  
RPO Waterloo Square  
Waterloo, ON  
N2J 4V1  
416-486-2242  
[www.dcontario.org](http://www.dcontario.org)

Contact Us

