



## August 2021 Newsletter

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"But in the end it's only a passing thing, this shadow; even darkness must pass." -  
J.R.R. Tolkien in The Two Towers

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### August Holidays and Observances

August is a month for spending time in the sun and recharging before the busy-ness of the fall months. In Ontario, we begin the month with the Civic Holiday long weekend and hope that everyone was able to celebrate in some way. If you are Islamic, you may be celebrating the Hijri New Year from the 9th to the 10th and we wish you a happy new year.

To see some fun days and other celebrations in August, [click here](#).



### Stage Three is (Finally) Here

Ontario is now in stage three of the Roadmap to Reopen, which means that most businesses and activities are able to operate with some restrictions and limitations still in place. Please remember to always follow public health guidelines and to be respectful of the challenges that some people may be facing as restrictions are lifted.

For more information on Stage Three, click [here](#).



### As COVID-19 restrictions lift, grief literacy can help us support those around us

COVID-19 has brought about many losses and many deaths.

The number of deaths worldwide has reached almost four million, and 26,000 of those deaths are in Canada. The Canadian Grief Alliance's grief counter estimates that there are more than three million Canadians grieving. Canadians are also experiencing countless other losses that are not



deaths or death-related.

Concerns have been raised over grief being severely negatively impacted by the pandemic and the resulting restrictions. Some even say there may be a tsunami of grief. Understanding this, we have undertaken a number of studies about Canadians' grief. Some of the results of one study are discussed here. In addition, this article offers some suggestions about how to better understand grief and to support those who are grieving.

[Read more...](#)

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## Social Anxiety After Quarantine? Here's How to Cope

It's normal to feel some degree of social anxiety after quarantine. It can be helpful for people to scan for signs of acceptance, update their worldview at this stage of the pandemic, and normalize some anxiety. At the end of a difficult or traumatic experience, people often revisit and process their feelings from the beginning of the experience.



To help ease that anxiety, I've packaged some of my favorite pointers into an easy-to-remember acronym of S.U.N. to help you cope.

[Read more...](#)

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## Ontario premier says 'very comprehensive' back-to-school plan will be revealed next week

"Ontario Premier Doug Ford has confirmed a back-to-school plan will be released early next week, saying he has "every confidence in the world" the province will be ready for September."



For more details, [click here](#). This information is accurate as of Wednesday July 28, 2021.

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## Children's Mental Health Ontario

As families get ready to return to school in the fall, it's important to be prepared for additional struggles that children may face coming out of COVID-19.



"Children's Mental Health Ontario (CMHO) represents Ontario's publicly-funded Child and Youth Mental Health Centres. We advocate for investments, policies, and programs for children, youth, and families seeking mental health services in Ontario. Our goal is to promote a coordinated and high-quality system of care that puts children, youth and families first."

[Learn more...](#)

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## News from and for our Member Centres

Victim Services of Peel's Crisis Response Volunteer

application is opening on August 6th.

To visit their site and learn more, click [here](#).



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## 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



### Learning Forum Update

We are excited to announce that our first two new Learning Forum modules have been launched and shared with our Member Centres. We presented one brand new module on Caregiver Stress and a refresh of introductory information into Abuse.



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

### Spirit of Volunteerism Committee

In July the Spirit of Volunteerism Committee hosted a webinar for member volunteers and staff on the topic of ending difficult calls. Committee member and long-time distress centre volunteer, Val Brosseau, shared some tips on how to recognize and end difficult calls, followed by an excellent discussion period. Summary notes have been sent out to leadership at our Member Centres.



Our next webinar, being held in August, will be on the topic of suicidality and how to support someone who may be struggling with suicidal ideation. Information on how to register will be sent out to our Member Centres.

### Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at [dcontario.org](http://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](mailto:info@dcontario.org).



### Podcast

Throughout the month of August, we will be exploring the topics of racism and diversity. We have many wonderful guests lined up and look forward to sharing what we learn with you. 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.



## Just For Fun

### A Guide to Self Care

Sometimes life can get a little stressful. Things can happen that can mean that it can take a toll on your mental and physical health, especially if you're always looking out for others instead of yourself. That's when self care becomes vital. Every person needs to practice self care, as it helps them to have a better sense of physical and mental wellbeing.



[Read more...](#)

### My identity is a super power - not an obstacle

"I am just one of millions of people who have been told that in order to fulfill my dreams, in order to contribute my talents to the world, I have to resist the truth of who I am."



Watch America Ferrera's full TED talk on this powerful topic [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, as shown to the left, through ONTogether and support us that way.



## DCO Upcoming Events and Schedule of Meetings

### SOV Committee Meeting

September 7, 2021 at 1:00PM

### Leadership Webinar

September 29, 2021 at 2:00PM

### Board Meetings

September 30, 2021 at 1:00PM

January 27, 2022 at 1:00PM

April 26, 2022 at 1:00PM



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