



November 2021 Newsletter

"Your present circumstances don't determine where you can go; they merely determine where you start." — Nido Qubein

November Holidays and Observances

November in Ontario is often a time of quiet preparation for the coming busy-ness of December and January, but we cannot forget the importance of honouring Remembrance Day, Trans Day of Remembrance, and National Bullying Prevention Week, which all occur this month.

To find out about other days of importance this month, and to see when the above dates fall, [click here](#).



Three Seasonal Depression Myths

Anyone who has endured a long, cold winter has probably encountered a touch of the winter blues. This is a relatively normal experience whereby we might become lethargic, carb-craving, and a little moody. It tends not to be what psychology professionals term "pervasive," meaning it doesn't significantly affect our ability to function well. Those sidelined by depression in the winter are usually referred to as having seasonal affective disorder, but this is one of the misunderstandings about seasonal moods.

[Read more...](#)



Facing 'tsunami' of new mental health patients, Ontario Medical Association calls for more supports

Reducing patient wait times; expanding mental health, addiction and home care services; and preparing for the next pandemic are among top priorities for a group representing Ontario doctors.

The Ontario Medical Association shared its recommendations for improving the province's health system in a new report published

Tuesday.

[Read more...](#)



Burnout Prevention and Treatment

If constant stress has you feeling helpless, disillusioned, and completely exhausted, you may be on the road to burnout. Learn what you can do to regain your balance and feel positive and hopeful again.

[Continue reading...](#)



A Day of Remembrance

Veterans Affairs Canada has put together an excellent resource about the importance of understanding and honouring Remembrance Day. The information includes why, for whom, what, and how we can spend time respectfully remembering this month.

To view their full webpage, [click here](#).



Updates from the Government of Ontario



A Plan to Safely Reopen Ontario and Manage COVID-19 for the Long Term

[Click here](#) to view a timeline outlining the government of Ontario's plan to slowly reopen the province for the long-term, including information on how they will monitor COVID-19 cases and make adjustments to the plan as needed.

Ontario Launches Free Menstrual Products in Schools

"Following months of collaboration and negotiation, Stephen Lecce, Minister of Education, announced that the Ontario Government will distribute six million free menstrual products per year to school boards under a new and innovative partnership with Shoppers Drug Mart designed to improve access to menstrual products. The agreement is the first of its kind for Ontario and will position it as one of four provinces to take action on the issue of period poverty within schools."

[Read more...](#)

Ontario Investing in Mental Health and Addictions Supports for Indigenous Communities

"The Ontario government is investing more than \$36 million in community-led mental health and addictions supports in Indigenous communities across the province. This funding will help ensure culturally appropriate and trauma-informed supports are readily available for Indian residential school survivors and their families as well as Indigenous-led student, youth and gender-focused services."

[Click here](#) to learn more...

Ontario Helping More People with Developmental Disabilities Access Housing

"The Ontario government is investing an additional \$13 million over three years to help connect people with developmental disabilities with accessible and affordable housing in their own community. This funding will also expand programs to support more independent living which is at the centre of the province's long-term plan to better serve people who depend on developmental services."

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News from and for our Member Centres

"Compass Community Services will expand its Telephone Support service to Guelph and Wellington County with the addition of a new LGBTQ+ support line. The free service will begin on Monday, October 4, 2021, and will feature the option of either phoning or texting for support."



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

For Your Information or Just For Fun

Ontario Human Rights Commission policy statement on COVID-19 vaccine mandates and proof of vaccine certificates

In case you and/or your organization are struggling to muddle through all of the information surrounding the vaccine mandate and how you can implement policies for your workplace, you can read the Ontario Human Rights Commission's statement [here](#).



Don't forget to change your clocks!

Sunday November 7th marks the end of Daylight Savings as clocks fall back an hour in preparation for the darker days of winter in Canada. If you would like to know more about Daylight Savings Time, [click here](#).



DCO Upcoming Events and Schedule of Meetings

Leadership Webinar on the SOV Awards

Friday November 5, 2021 at 1:00PM

Spirit Of Volunteerism Webinar

TBD, an email will go out to volunteer managers shortly

Board Meetings

January 27, 2022 at 1:00PM

April 26, 2022 at 1:00PM



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