

December 2021 Newsletter

"It's not how much we give but how much love we put into giving." — Mother Teresa

December Holidays and Observances

The team at Distress and Crisis Ontario would like to wish everyone a happy and healthy holiday season filled with peace, joy, and togetherness. We hope that you are able to spend dedicated time with those who matter most to you and are also able to prioritize some time for self-care and rejuvenation as we come into a new year.



To learn about December's many days of celebration and importance, [click here](#).

Celebrate safely during COVID-19

"Throughout the fall and winter, many Ontarians will be celebrating religious or seasonal holidays and gatherings with loved ones..... These events and gatherings have the potential to increase the risk of COVID-19 transmission, especially for those who are at high-risk of severe disease and/or exposure to COVID-19." covid 19."



[Click here](#) to learn more about what guidelines the Ontario government recommends to ensure gatherings are safe for all involved.

The Importance of Effective Boundaries

Boundaries are the limits you set between yourself and others due to your values, preferences, thoughts, opinions and things that you know are not in your best interest.

Boundaries help you to:

- Define your identity so that you become clear and confident with yourself, and others know what to expect from you.



- Protect yourself from violators as boundaries let in what is good and keep out what is bad, so you remain safe and able to express your true self.
- Bring order because without them, you are unable to regulate demands, ideas, dreams, responsibilities, opportunities, pleasures and activities. Life can become chaotic.
- Promote yourself as leaders and employers with good boundaries know that if you also have good boundaries, you can be trusted to state clearly what you can and cannot do, welcome input and work passionately without burnout.

[Read more...](#)

Holiday Spending Survival Guide

Are you crazy for the holidays, spending thousands of dollars on holiday gifts, lights, entertaining, food and decorations each year? If so, you're not alone. Many people feel the sting of holiday spending well into the new year. If you love to celebrate the holidays but don't love the financial pinch you experience afterward, there are several great tricks for giving and celebrating, without breaking the bank.



[Read more...](#)

Dealing With Loneliness During the Holiday Season

The holiday season is generally thought of as a time of joy and love, but for many people, it's a time of loneliness. Some people live far from family and miss seeing their loved ones this time of year; others dread going to holiday parties and New Year's Eve celebrations and end up staying home.



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Updates from the Government of Ontario



Paediatric Pfizer COVID-19 Vaccine

As of Friday November 19th, 2021, Health Canada has authorized the paediatric Pfizer COVID-19 vaccine for use in children aged 5 to 11 years old. [Click here](#) to read their backgrounder providing answers to some frequently asked questions.

Ontario Expanding Booster Eligibility to More Ontarians

"The Ontario government, in consultation with the Chief Medical Officer of Health, is expanding eligibility for booster doses of the COVID-19 vaccine to additional groups of high-risk individuals starting November 6, 2021, providing them with an extra layer of protection against the Delta variant. Over the coming months, Ontario is also prepared to gradually roll out booster doses to all Ontarians aged 12 and over."

[Read more...](#)

Ontario to Raise Minimum Wage to \$15 an Hour

"As part of the 2021 Fall Economic Statement, the Ontario government will introduce legislation that, if passed, would raise the general minimum wage from \$14.35 to \$15.00 per hour effective January 1, 2022. Under the proposed changes, the special minimum wage rate for liquor servers would be eliminated and they would be entitled to the general minimum wage. Students under 18, homeworkers and hunting, fishing and wilderness guides would also see an increase in their special minimum wage rates."

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Ontario Expanding Mental Health and Addictions Supports for Frontline Health Care Workers

"As part of the 2021 Ontario Economic Outlook and Fiscal Review: Build Ontario, the Ontario government is investing \$12.4 million over two years to provide existing and expanded mental health and addictions supports for all frontline health care workers across the province. This investment will protect our progress in the fight against COVID-19 by supporting the workforce of the acute care, long-term care, and home and community care sectors in their efforts to provide high-quality care and service to patients, long-term care residents, and clients."

[Read more...](#)

News from and for our Member Centres

Distress and Crisis Ontario are pleased to announce that we have a new Member! We are thrilled to welcome the Telecare Distress Centre of Peterborough to our association and to have the opportunity to help support the critical work they do.



To learn more about their centre, [click here](#).

Bonus information

Holiday Hours

Distress and Crisis Ontario will be closed for the holidays from December 24th - 28th, will open on December 29th and 30th, and then will be closed again from December 31st - January 2nd, with regular hours resuming on Monday January 3rd. ONTX will continue to operate as usual from 2PM - 2AM daily, as will many of our Member centre distress and/or crisis lines. Visit our website at www.dcontario.org/locations to find your closest centre if you are in need of support over the holidays.



Winter Break fun for the family!

Having two weeks off with the kids at home can be both



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

Spirit Of Volunteerism Webinar

December 1, 2021 at 12:00PM

Board Meetings

January 27, 2022 at 1:00PM

April 26, 2022 at 1:00PM



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