



February 2022 Newsletter

"How you love yourself is how you teach others to love you." - Rupi Kaur

February Holidays and Observances

February is Black History Month in Canada and we hope our readers will ask themselves why we need to consider the value of Black History month and how they can promote awareness of concepts such as decolonization, intersectional feminism, and the impact of race on social welfare and economic justice.



From our team at Distress and Crisis Ontario, we wish a Happy Lunar New Year to those who are celebrating as we enter the year of the Tiger on February 1st. February 1st also marks the beginning of Eating Disorder Awareness Week, which we have included some information on below.

To learn more about days of importance in February, [click here](#).

Black History Month

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black Canadians and their communities. The 2022 theme for Black History Month is: "February and Forever: Celebrating Black History today and every day," which focuses on recognizing the daily contributions that Black Canadians make to Canada.

[Read more...](#)



Eating Disorder Awareness Week

In partnership with the National Eating Disorder Information Centre (NEDIC), we at Distress and Crisis Ontario would like to acknowledge the importance of Eating Disorder Awareness Week (EDAW) and share some useful resources that can be used to support individuals who are struggling with an Eating Disorder (ED), as well as those who exist around them.



[See resources...](#)

Synopsis: Domestic Violence Death Review Committee Report

The Ontario Domestic Violence Death Review Committee (DVDRC) has released their report on a death that occurred on April 5, 2018. The DVDRC was established in 2002 in response to recommendations that arose from two major inquests into the domestic homicides of Arlene May and Gillian Hadley by their former male partners. The purpose of the committee is to assist the Office of the Chief Coroner of Ontario in investigating and reviewing deaths that occur in the context of domestic violence and form recommendations to help prevent similar tragedies in the future.



[Continue reading...](#)

How to Cope with Valentine's Day

Valentine's Day is quickly approaching and can be a challenging day for many reasons. According to the Canadian Mental Health Association (CMHA), it is common to feel sadness, anxiety, loneliness, and other feelings of isolation leading up to and on Valentine's Day. It can be a day that is challenging both for those who are single and longing for connection, and for those who have relationships but may be unhappy in them.



[Learn more...](#)

Updates from the Government of Ontario



Ontario Outlines Steps to Cautiously and Gradually Ease Public Health Measures

"With key public health and health care indicators starting to show signs of improvement, the Ontario government, in consultation with the Chief Medical Officer of Health, released details of steps to cautiously and gradually ease public health measures, starting on January 31, 2022."

[Continue reading...](#)

Ontario Expanding Access to COVID-19 Vaccines for Students and Education Staff

"Up to 400 school-focused vaccination clinics have been held across Ontario. By January 30, it's anticipated that another 184 clinics will have been held at schools to

support safe and convenient access to vaccines for children and youth. This province-wide campaign to increase vaccination rates builds upon enhanced measures, including rapid tests, non-fit-tested N95 and three-ply masks, and ventilation improvements."

[Read more...](#)

Ontario Hosts Successful Rural Housing Roundtable

"The provincial government's housing policies under More Homes, More Choice: Ontario's Housing Supply Action Plan are working to make housing more affordable by increasing the supply of the full range of housing options, from missing middle, to high-rises and family-sized rentals, to single-family homes. In 2021, the second year after More Homes, More Choice was implemented, Ontario saw the highest level of housing starts in history and the highest level of rental starts in thirty years."

[Continue reading...](#)

Ontario Helping More Communities Protect Against Racism and Hate

"The Ontario government is helping more communities combat racism and hate by doubling its investment in the Anti-Racism Anti-Hate Grant Program. An additional \$1.6 million in funding will help support more community-led public education and awareness projects, bringing the total funding for the grant program to \$3.2 million over two years."

[Read more...](#)

News from and for our Member Centres

Distress and Crisis Ontario invites you to join us virtually on Wednesday March 2nd and Thursday March 3rd for two days of training and Member networking. Day 1 will be focused on grief and the myth of closure; day 2 will be on domestic violence, intimate partner violence, and human trafficking. [Click here](#) for more information and to purchase tickets.



The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight a resource for individuals who have lost someone to suicide. [Heartache2Hope](#) provides healing support to adults who have experienced a suicide loss.

While Clyde was unique as a person, the situation he found himself in is not. The recent death in December 2021 of 1990s British super model Stella Tennant and, more recently, the death of Cheslie Kryst, former Miss USA, tell us that this is a serious ongoing problem that moves across gender, race, socio economic borders. We are must all be invested in positive outcomes.



"[Heartache2hope's] goal is to break the silence of suicide loss. We strive to meet the unique needs of individuals who have experienced the death of a loved one by suicide through our grief support programs. We provide public awareness education and specialized training to community organizations in hopes to break the isolation and reduce the stigma around suicide loss."

Other information...

Family Day Activities

Especially given the challenges of navigating COVID restrictions that are seemingly changing constantly, it can be hard to plan family activities these days. If you're struggling to find something to do for your Family Day weekend, [this article](#) from CMHA York & South Simcoe could give you some ideas.



Ambiguous Loss and The Myth of Closure

The Delton Glebe Counselling Centre in Waterloo is offering a one day online workshop on the topic of ambiguous loss, especially as related to the impact of COVID-19 on our daily lives. As well as exploring the myth of closure. The workshop is being held on March 31 from 9:30AM - 4:00PM. [Click here](#) for more information.



DCO Updates

Learning Forum Update

Important updates and refreshes continue with our Learning Forum content. We now have many new and updated modules uploaded to our website with more on the way very soon.



Spirit of Volunteerism Committee

Our Spirit of Volunteerism Committee continues to work with Membership to re-vamp our Spirit of Volunteerism Awards program.

Our monthly volunteer webinars will continue this month with a presentation from the National Eating Disorder Information Centre on how to support individuals struggling with disordered eating. The link to register has been sent out to Member centre management.



Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at 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.



Podcast

Our podcast continues to feature a variety of mental health topics with new episodes being released every Monday. Recent episodes include an interview with the National Eating Disorder Information Centre, information on grief related to COVID-19, and tips for remote learning. Click the photo to the right to access our most recent podcast episode and to explore old episodes.



Becoming a Member

If you are interested in becoming a Member of the Ontario Association of Distress Centre, currently operating as Distress and Crisis Ontario, please [click here](#) to read our Member Benefits Package. Any questions can be sent to us by email at info@dcontario.org.



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 Webinar - Eating Disorders with NEDIC

February 7th, 2022 at 12:00PM

DCO's Annual Conference

March 2nd and 3rd, virtual event

Board Meetings

April 26, 2022 at 1:00PM



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