

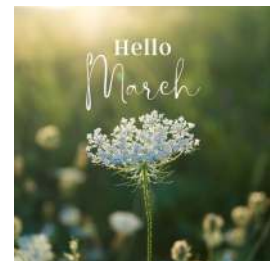


March 2022 Update

"Even in the chaos of everyday life, moments of gratitude remind us to hold onto the good things." - Brit Morin

March Holidays and Observances

While March Break is a busy time for most families with school-aged children, it's a relatively quiet month for days of importance. International Women's Day was held on Monday the 8th, Monday the 21st is International Day for the Elimination of Racial Discrimination, and Thursday the 31st is International Transgender Day of Visibility.



To see more days of celebration and importance in March, [click here](#).

Annual Conference 2022 Wrap-up

Thank you to our wonderful speakers and each of our incredible attendees who joined us for our Annual Conference 2022 last week. We hope everyone who attended enjoyed themselves as much as we did!

We are extremely grateful to our speakers: Pamela Loughton, John Dinner, Kat Rossi, Christina Hennelly, and Tori Rivard for giving us their time, knowledge, and partnership. Feedback has been overwhelmingly positive and we loved having the opportunity to learn from you all.



Thank you to all of our Member centre attendees who joined us for the afternoon portions of each day as well. The time we were able to spend in conversation with you all was equally appreciated.

We look forward to coming together again next year with new speakers, new ideas, and more opportunities to network!

Statement from Ontario's Chief Medical Officer of Health

"With continued improvement in trends, Ontario will remove the mandatory masking requirement for most settings on March 21, with the exception of select settings such as public transit, health care settings, long-term care homes and congregate care settings."

[Read more...](#)

News from and for our Member Centres

Many of our Member centres are currently accepting applications for new volunteers. If you would like to explore the possibility of sharing your time in a meaningful way, consider connecting with your closest centre to see if they are currently training new responders. Visit www.dcontario.org/locations to find your nearest Member centre.



The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight a resource that supports harm reduction in substance users. The Ontario Harm Reduction Network (OHRN) is committed to the vision that people who use drugs are treated with dignity and respect, free of judgment, and receive effective care and support when accessing services across Ontario. OHRN supports harm reduction efforts in Ontario by providing training, networking opportunities, and consultations to service providers and agencies. They bring together harm reduction workers from across the province through The Outreach Network.



Other information...

March Break Activities in Ontario

[This webpage](#) provides many ideas for family getaways, outdoor activities, indoor attractions, nature-based fun, tours, and more - all across the province!



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 in April since March was dedicated to our Annual Conference.



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 mental health field workers about navigating change, a check-in with Ray of Hope in Kitchener, and some re-shared archive episodes. 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

Board Meetings

April 26, 2022 at 1:00PM

Annual General Meeting

Thursday June 30, 2022



Distress And Crisis Ontario

PO Box 40115
RPO Waterloo Square
Waterloo, ON
N2J 4V1
416-486-2242
www.dcontario.org

Contact Us

