



June 2022 Newsletter

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.” — John Lubbock

June Holidays and Observances

June is a busy month filled with many events and days of awareness. To name a few things being celebrated this month, it is Pride Month, National Indigenous History Month, and Brain Injury Awareness Month. To see what other celebrations are happening in Canada this month, [click here](#). From all of us at Distress and Crisis Ontario, we wish a Happy Fathers Day to all fathers, father figures, and fathers at heart; we hope you feel especially loved and supported on the 19th this year.



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

Body Image, Self-Esteem, and Mental Health

Body image and self-esteem start in the mind, not in the mirror. They can change the way you understand your value and worth. Healthy body image and self-esteem are a big part of well-being.

Body image is mental and emotional: it’s both the mental picture that you have of your body and the way you feel about your body when you look in a mirror.

[Continue reading...](#)



Dismantling the Brown “Glow-Up”

“The concept of getting hotter with age — also known as “glowing up” — isn’t new, but South Asian TikTok influencers question what this trend really celebrates.

The post begins with a montage with old photographs of

a young Brown kid, gawky and still growing into their body, often set to Bollywood's "Chammak Challo" from Ra One. Then the beat drops, and a second montage begins. The higher-resolution, posed photos show the same person now grown up and dressed up, more confident and cooler in their skin. The text on the screen reads: "Brown kids have the best glow-up."



This article comes from a subscription-based publication, but we are able to provide a link where you can continue to read it for free if you share your email address. To view the full article, [click here](#).

Caregiver Needs in Ontario

This article will be focused on sharing information on caregivers, the struggles they face, and how we can provide support to those in our lives who are caregivers. The information below comes from the Ontario Caregiver Organization (OCO) and Family Caregivers of British Columbia. For the purpose of this article, the term caregiver is defined as ordinary people who provide physical and/or emotional support to a family member, partner, friend, or neighbour.

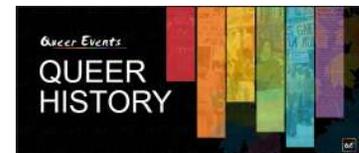


One of the main emotional effects of caregiving is extreme isolation and loneliness. Many caregivers enter their caregiving journey not knowing how to be a caregiver or what the expectations of the role are. It is common for them to struggle with feelings of guilt around whether they are doing enough to support the person they are caring for, and for grieving the loss of "what might have been" or the life they had before. As we know from discussing ambiguous loss, this form of grief can be complex and challenging to move through. Challenges with navigating health care and social service systems often increase these emotions while adding feelings of being dismissed when developing care plans and sometimes feelings of being judged or blamed for the health status of the person they care for.

[Read more...](#)

History of Canadian Pride

When asked about the history of pride, often the first thing that comes to people's minds are the Stonewall Riots. Canada, however, has its own rich history and turning points in the struggle for and eventual celebration of LGBT rights.



The most well known of these are the Toronto raids which lead to riots that turned into what is today, a vibrant pride festival. It was not the only turning point in our history, so we present to you a brief timeline of notable events in the history of Pride in Canada. Our history is expansive and this is not, by any means, a comprehensive list.

[View timeline...](#)

**Updates from the Government
of Ontario**



Ontario Investing in Schools and Child Care Infrastructure

"The Ontario government is investing nearly \$500 million to build 24 new schools and support 13 permanent additions and renovations across the province. This funding is provided through the Capital Priorities Program. These infrastructure projects will lead to the creation of 15,693 new student learning spaces and 23 child care centres with 1,502 new licensed child care spaces."

[Continue reading...](#)

Ontario Celebrates National Indigenous History Month

"June is National Indigenous History Month — a time for all Ontarians to recognize and honour the rich and diverse histories and current realities of First Nations, Inuit and Métis peoples across the province and Canada.

It is an important opportunity to learn more about the distinct cultures, languages and experiences of Indigenous peoples, as well as how their contributions and achievements have, and continue to, shape our province and country."

[Read more...](#)

Ontario Votes on June 2nd

Thursday June 2nd is election day. Your vote is your voice and we encourage all Ontarians to get out and vote.

[Click here](#) for voting locations and candidate information.

News from and for our Member Centres

Register now for our Annual General Meeting being held virtually on **Thursday June 30th, 2022 at 1:00PM**. Keep an eye on our social media pages, and in your inbox, for more information.



[Click here](#) to register.

The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight [Addictions and Mental Health Ontario \(AMHO\)](#).

"Addictions and Mental Health Ontario (AMHO) represents nearly 200 addiction and mental health organizations across Ontario. Our members span the full continuum of addiction and mental health organizations and services, ranging from community-based service providers to peer support and consumer survivor groups, to Community Health Centres, harm reduction, and hospital-based services."



Other information...

Calming End-of-Year Stress

"The school year's end can be stressful for students leaving a structured environment for uncertain situations. Offer connection and affirmation to help them feel valued and confident."

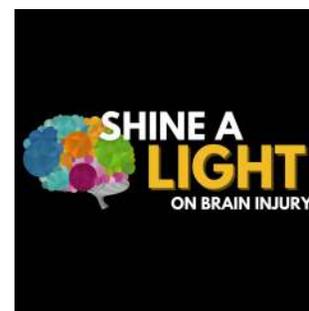


While the article linked below is specific to helping teachers support children experiencing end-of-year stress about entering summer vacation, the information is also applicable to other times of transition and closure. Wrapping up a fiscal year, completing audits, hosting Annual General Meetings, and more are examples of end-of-year stress adults may be feeling as well. The tips and explanations provided in the article could be just as applicable in those situations.

[Read more...](#)

Brain Injury Awareness Month

"In Canada, June is Brain Injury Awareness Month. Each year national, provincial, and local associations run campaigns to increase awareness about the prevalence of brain injury; the obstacles that exist for those with brain injury; and the need for more services and support at all stages of recovery."



[Learn more...](#)

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 (SOV) Committee has decided to pause on redeveloping the SOV Awards for now and are instead focusing on providing support to Member centres and their volunteers as organizations shift to various in-office, remote, and hybrid work styles. Further information will be sent to Member centres in the coming weeks.



SOV Webinars will continue to be offered monthly, information for June's event will also be sent out shortly.

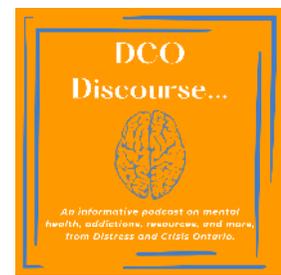
Website

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, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. Recent episodes have been focused on the topics of caregiving and mental health, including a conversation with a 6th grader about what mental health means to them.



In June we will be sharing a panel interview from the Glow Centre for Sexual and Gender Diversity that was done for our Learning Forum. We hope that this powerful interview will provide insights into the struggles that many 2SLGBTQIA+ persons are still facing today.

Click our podcast logo to access our most recent and past episodes. If you have any feedback or requests for future content, please [click here](#).

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

AGM

June 30, 2022 at 1:00PM

Board Meetings

June 30, 2022 following the AGM

Leadership Meetings

October 12, 2022 at 12:00PM

November 16, 2022 at 12:00PM



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