



July 2022 Newsletter

"I love how summer just wraps its arms around you like a warm blanket." — Kellie Elmore

July Holidays and Observances

Canada Day was celebrated on July 1st and while many Canadians look forward to the holiday, it is also a reminder of injustice, racial trauma, and colonialism. One celebration space in Winnipeg, Manitoba, called The Forks, decided to reimagine their celebrations this year and celebrated "New Day" instead. You can learn more about this decision below.

To see what other days of importance there are in July, [click here](#).



That Summer Feeling... How Summer Affects our Mental Health

For months, we've all been in a state of 'survival' dealing with uncertainty, fear and isolation. This type of long term stress really takes a toll on our overall well-being leaving us feeling physically, mentally and emotionally exhausted. But now, with restrictions lifting and vaccines being distributed, we find ourselves starting to feel a little bit better. We've finally returned to warm weather, sunshine and holidays... but what does this mean for our mental health?

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This Canada Day, settler Canadians should think about 'land back'

Last Canada Day, Parliament Hill teemed with orange as thousands marched in response to the unmarked graves of Indigenous children being found at former residential

school sites. #CancelCanadaDay trended on social media while Prime Minister Justin Trudeau urged Canadians to reflect on the country's failures.

As in-person festivities return to Ottawa for the first time since 2019, it appears to be business as usual. But should it be?

[Read more...](#)



Supreme Court says expanded rape shield laws are constitutional

A person accused in a sexual assault trial does not have the right to ambush their accuser with private records like medical files or personal journals in a bid to discredit them, the Supreme Court of Canada ruled Thursday, as it upheld expanded rape shield laws passed by the federal government in 2018.



The decision relates to verdicts by appeals courts from two separate sexual assault cases — one in British Columbia and one in Ontario — both of which had said the changes made to rape shield laws four years ago affected an accused's right to a fair trial.

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"Femininity with a Bite": Why Prabal Gurung Gets Political

"When Prabal Gurung was younger, he would run around his house in his underwear and a towel as a cape. He wasn't channeling Batman or Superman. Rather, he was besotted with Wonder Woman. "For some reason, I was really drawn to her, and I thought she was beautiful," he told me. "But more than that, it felt like in the world of superheroes, there's always men, and she was the only woman."



...

The designer's couture celebrates classic cuts, bold colors, pattern, and movement. Some pieces are as structured as a gown or a smart pantsuit, while others are loose and comfortable. He nails a solid burgundy dress as immaculately as a colorful, shimmering number. During the pandemic, Gurung released his first wedding collection. And, throughout all his work, he's also known for speaking out: against anti-Asian hate, for #BlackLivesMatter, about COVID-19 in Nepal, on his Asian American identity, and about the women who inspire him. Gurung wouldn't have it any other way — after all, he's here to smash the patriarchy. "We are victims of toxic masculinity and patriarchy," Gurung told me. "Ever since I had a sense of myself, I wanted to dismantle patriarchy — through my work, through my conversation, through people I dress, through every opportunity that I have."

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](#).

Distress and Crisis Ontario's Annual Report 2022

Our Annual General Meeting for the year 2021 - 2022 was held on June 30th, 2022. We were thrilled to have Alisha Tharani from Addictions and Mental Health Ontario (AMHO) join us as keynote speaker and would like to thank her for spending a part of her afternoon with us and congratulate her once again on being appointed AMHO's new CEO. We look forward to building a stronger partnership with and learning more from AMHO.



To view our 2022 Annual Report and learn about the work DCO and our Member centres accomplished in 2021 - 2022, please [click here](#).

Updates from the Government of Ontario



Ontario Government Providing More Relief at the Pumps

"As part of its plan to keep costs down for Ontario families and businesses, the Ontario government is providing more relief at the pumps by cutting the gas tax by 5.7 cents per litre and the fuel tax by 5.3 cents per litre for six months, beginning July 1.

"It has never been more important to get it done and provide Ontarians with real relief," said Premier Doug Ford. "This gas tax cut will provide more relief at the pumps for hardworking families and businesses and put more money back in their pockets, where it belongs."

Effective July 1 until December 31, 2022, the gas tax rate will be cut from 14.7 cents per litre to 9 cents per litre, representing a cut of 5.7 cents per litre. The fuel tax rate, which applies to diesel, will be reduced from 14.3 cents per litre to 9 cents per litre, representing a cut of 5.3 cents per litre. When combined with the 4.3 cents per litre savings from the elimination of the previous government's cap and trade carbon tax, the reduction in provincial taxes and charges on gas totals 10 cents per litre."

[Read more...](#)

Most Masking Requirements Lifted as of June 11

"With high vaccination rates and Ontario's COVID-19 situation continuing to improve, most of the province's remaining provincial masking requirements, including on public transit, will expire as of 12:00 a.m. on June 11, 2022.

To continue providing an additional layer of protection for the most vulnerable, masks will still be required in long-term care and retirement homes. Masking is recommended in higher-risk congregate living settings, such as shelters and group homes."

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Premier Ford Unveils New Cabinet to Build Ontario

"With big challenges ahead, including an uncertain global economic climate, now is the time for unity and working together," said Premier Ford. "Our government will be relentless in delivering on our ambitious plan to grow our economy and build infrastructure as we leave no stone unturned when it comes to solving the historic labour shortage. It's all hands on deck."

[Read more...](#)

Minister of Education Celebrates Students as School Year Ends

"I could not be more proud of all the graduates across Ontario, young leaders who have the skills, values, and drive to succeed. Through your hard work, you have achieved an important milestone in your academic journey, and we know you will continue to do amazing things as you start your next chapter, wherever it takes you.

As we look forward to September, we are fully committed to ensuring all students return to the classroom on time, with the full school experience that students deserve."

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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 [Breaking Free Online](#).



"Breaking Free Online is a free online support tool designed to help Ontarians ages 16 and up reduce or stop the use of over 70 substances, such as tobacco, alcohol and drugs, including opioids.

Breaking Free Online uses practical, self-guided courses, positive coping skills and behaviour change techniques to support individuals with early intervention, prevention, or rehabilitation, and engages people to better manage addiction, decreasing the chances of relapse. It is an engaging, interactive, and highly personalized digital recovery program, available in English and French, that health care providers can add to their clinical toolkit to support their clients struggling with addiction problems."

[Other information...](#)

The Forks plans reimagined July 1 event

"The Forks is taking a different approach to the celebrations come July 1 – a move organizers hope will allow for a welcoming space for all communities.



Instead of Canada Day celebrations, The Forks is planning a reimagined 'New Day at The Forks' event on July 1.

Clare MacKay, vice president of strategic initiatives and executive director of The Forks Foundation, said the decision to change the Canada Day celebrations was made following the first discoveries of unmarked graves at residential school sites across the country."

[Read more...](#)

50+ Bucket List Ideas for Summer in Ontario

"Summer is in full swing in Ontario, with places across the province offering a unique environment, history, and distinct character for visitors and locals to truly discover the province. Try new activities or go for the tried and true. No matter what you choose to do in Ontario, there are hundreds of fun things you'll want to add to your bucket list."



[View activities...](#)

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. Information has been sent to centre leadership and a meeting has been scheduled for Monday July 11th at 12:00PM.



SOV Webinars will continue to be offered monthly, information for July's event will 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 Pride Month and body positivity.



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

Board Meetings

September 20th, 2022 at 1:00PM
January 17th, 2023 at 1:00PM
April 18th, 2023 at 1:00PM

Leadership Meetings

July 11, 2022, at 12:00PM
October 12, 2022 at 12:00PM
November 16, 2022 at 12:00PM



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