



## April 2023 Newsletter

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“Although the world is full of suffering, it is also full of the overcoming of it.”  
– Helen Keller

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### April Holidays and Observances

Easter is celebrated in April this year meaning many Ontarians will have a three or four day weekend from April 7th - 10th. While most schools are closed on Easter Monday, it is not a statutory holiday in Ontario, so be sure to check in with your employer if you are unsure whether you work or not.



To those who will be celebrating Passover, we wish you peace and blessings this Passover.

To all those celebrating Ramadan, we wish you a blessed season of festivities with your loved ones.

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

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### Language Matters: Safe Communication for Suicide Prevention

Using language that is helpful and respectful encourages an environment free of stigma, where we can talk more openly and safely about suicide and its prevention. Words matter in a world where silence or insensitivity can make matters worse. The more we are open and safe in our communication, the more likely it is that people can offer or seek help.

This booklet was created by the Public Health Agency of Canada in partnership with Centre for Suicide Prevention and l'Association québécoise de prévention du suicide.

[Learn more...](#)



## Duty to Report Under the Child, Youth and Family Services Act

The information in this article has been adapted from the Ontario College of Social Workers and Social Service Workers document: The Duty to Report under the Child, Youth and Family Services Act, 2017. While it is unlikely that everyone reading this article is registered social worker or social service worker, understanding duty to report can be helpful for anyone working or volunteering in a role where confidentiality comes into play.



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## When Someone is Dying

Death is a natural process as the body begins shutting down. The following physical and emotional signs of approaching death are described to help you understand what can happen. Not all these signs and symptoms will occur with every person, nor will they occur in any particular sequence. Some symptoms can lessen at end of life or they can become worse, interfering with the comfort of your loved one.



The information in this article comes from Hospice Waterloo Region and may be challenging to read at times. Although it is impossible to totally prepare for a death, a death may be made easier if you know what to expect. The following may be helpful in preparing you to understand this final stage of life.

[Read more...](#)

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## How Burnout Is Changing Our Lives

Perhaps you've woken up today, like so many days recently, feeling a lack of motivation simply to get out of bed. Perhaps the hobbies you once loved have started to disappear from your daily routine. And maybe your days feel like some kind of sick-cycle carousel, as though you are living the same one over and over. It may even be that lately, the smallest details, like brushing your teeth or dressing to go out, feel uncharacteristically tiring. These are just a few of the ways burnout has been described, and the truth is, burnout doesn't simply happen overnight; in fact, it can be insidiously slow, occurring over the course of weeks and months.



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**Updates from the Government of Ontario**



**Ontario Connecting Children and Youth with Specialized Care**

"The Ontario government is investing \$97 million over three years to launch a pilot program at three major hospitals in Toronto, Hamilton and Ottawa to help children and youth with complex special needs such as developmental and intellectual disabilities, mental health concerns, chronic conditions and physical disabilities, connect to the highly individualized and specialized care they need."

[Read more...](#)

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## Ontario Preparing Students for Jobs of the Future

"The Ontario government is implementing a new high school graduation requirement to help better prepare students across our province for the jobs of tomorrow. Starting with students entering Grade 9 in September 2024, all students will now be required to earn a Grade 9 or 10 Technological Education credit as part of their Ontario Secondary School Diploma."

[Continue reading...](#)

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## Ontario Helping More Women Build Skills and Get Jobs

"The Ontario government is expanding the Investing in Women's Futures program to 10 additional locations across the province to create more economic opportunities for women. This expansion is part of a \$6.9 million investment over three years to enhance the program and help more women who experience social and economic barriers to connect to supports and develop the skills they need to gain financial security and independence."

[Read more...](#)

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## Ontario Increasing Minimum Wage to \$16.55 an Hour

"The Ontario government is increasing the minimum wage to \$16.55 an hour on October 1, 2023. This 6.8 per cent pay raise for low-income workers builds on the government's steady and predictable increases every year to help families offset the rising cost of living."

[Read more...](#)

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## News from and for our Member Centres

Many of our Member centres are currently seeking new volunteers. Most volunteer opportunities are remote, some are in-person, training is provided for free, and the benefits of volunteering are many. To find your nearest centre visit [www.dcontario.org/locations](http://www.dcontario.org/locations), then visit the centre's website to apply directly.



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## The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight Distress and Crisis Ontario's [Suicide Prevention Toolkits](#).



In honour of World Suicide Prevention Day 2022, in an effort to create hope through action, Distress and Crisis Ontario partnered with the Delton Glebe Counselling Centre to create two suicide prevention toolkits. One kit has been created for youth who may have questions about suicide, be struggling with suicidal ideation, or be facing grief related to suicide. The other is intended for educators, and other frontline staff who work with youth, to support their ability to walk alongside young people and to provide a resource for their personal use as well. Please feel free to share these kits with those who may benefit from them.

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## In other news...

### What is the difference between Empathy, Sympathy, and Compassion?

"Empathy allows us to see through the eyes and feel through the heart of another person. Not only does it allow us to see their perspective, it helps us understand the underlying emotions that are driving their mindset, words, and behaviors. Empathy gives us a roadmap on how to help give our team members what they need."



[Learn more...](#)

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### Easter Activities for Kids

"With Easter just around the corner it's time to start thinking about all the cool Easter crafts and activities to do with your kids! While coloring eggs and an Easter hunt are probably number one and two things on your list there are so many other fun projects you can do and here you'll find 15 pretty awesome ideas to keep the whole family busy!"



[Read more...](#)

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## 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

Monthly SOV webinars for volunteers and staff continue to receive high registration numbers. Our next webinar on navigating calls related to sexual assault will be held Wednesday April 19th from 12:00PM to 1:00PM EST. Member leadership have been sent links to register.



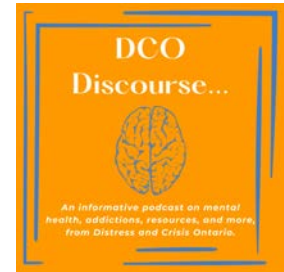
## Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at [dcontario.org](http://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](mailto:info@dcontario.org).



## Podcast

Our podcast, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. In March we explored the theme of building equitable friendships as explored in the International Women's Day 2023 theme to #EmbraceEquity.



Click our logo to the right to listen. 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](mailto: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 18th, 2023 at 1:00PM EST  
June 29th, 2023 post-AGM

### SOV Webinars

April 19th, 2023 at 12:00PM EST



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