



## February 2023 Newsletter

"I'm convinced of this: Good done anywhere is good done everywhere. For a change, start by speaking to people rather than walking by them like they're stones that don't matter. As long as you're breathing, it's never too late to do some good."

— Maya Angelou

### February Holidays and Observances

February is Black History Month in Canada and the first week of the month is also Eating Disorder Awareness Week. Valentine's Day falls on the 14th, Family Day is on the 20th, and Pink Shirt Day, to raise awareness against bullying, is on the 22nd. To learn more about some of these important days, read on.

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



### Black History Month 2023

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities.

The 2023 theme for Black History Month is: "Ours to tell". This theme represents both an opportunity to engage in open dialogue and a commitment to learning more about the stories Black communities in Canada have to tell about their histories, successes, sacrifices and triumphs.

[Read more...](#)



### Valentine's Day and Loneliness

As Valentine's Day approaches, we are surrounded by reminders of the upcoming holiday. Stores roll out special promotions offering discounts on items such as chocolates, flowers, and decorations. Social media feeds

become filled with an endless number of advertisements for unique and expensive gifts, content about how to make this Valentine's Day special, hearts, and the colour red.



Although the holiday is meant to be about love, joy, and romance, many people spend the day feeling sad and lonely, regardless of their relationship status.

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## "Chat Checkout" Lanes in Grocery Stores and Why They Make a Difference

You may have seen in the news, or on social media, some recent stories of different grocery store chains and locations opening up intentionally slower, often backed-up, so-called "chat checkout" lanes. A large grocery chain in the Netherlands opened their first "chat" lane way back in the summer of 2019 and, after seeing how successful it was, they now have over 200 locations who have followed suit. In the wake of their success, a few French retailers are offering the same. A little bit closer to home, a Sobeys in Edmonton opened a slower lane for one specific cashier whom they noticed people were already intentionally lining up for. In a world where self-checkout lanes intended for speed seem to be dominating, why is it that these slower lanes are turning out to be such a huge success?



[Read more...](#)

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## Get ready to do your taxes

Visit the Government of Canada's website to find out what's new for the 2022 tax season and your filing and payment due dates. Begin by gathering your documents to report income and claim deductions, and choose how you want to file and send your completed tax return to the CRA.



Understand your rights as a taxpayer and who should file a tax return.

[Learn more...](#)

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## Updates from the Government of Ontario



### Ontario Expanding Mental Health Services for Children and Youth in Every Corner of the Province

"The Ontario government is investing \$4.75 million to expand the "One Stop Talk" virtual "walk-in" counselling program to connect children, youth and their families with more convenient and timely ways to access mental health counselling no matter where they live.

"Our government is making it easier and more convenient for children and youth in every corner of the province to access mental health care," said Sylvia Jones, Deputy Premier and Minister of Health. "This program offers modern, convenient options for youth to connect to help in ways that they're used to communicating."

[Read more...](#)

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## **Ontario Providing Better Service**

"The Ontario government is making it faster, easier and more convenient for people and businesses to access driver's licences, health cards, birth certificates and other services.

An enhanced appointment booking system at ServiceOntario is now available at 64 of its busiest centres. Customers requiring in-person visits can book multiple services in a single appointment on their smartphone or computer or book a single appointment for the whole family. Ontarians will also have the option to identify accessibility needs ahead of the appointment so services can be provided to meet their individual needs efficiently and effectively."

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## **Ontario Expanding Learn and Stay Grant to Train More Health Care Workers**

"The Ontario government is connecting over a dozen underserved and growing communities with more health care workers by expanding the Learn and Stay grant. The grant, which was announced in March 2022 for students who enrol in nursing programs, will also include paramedic and medical laboratory technologist programs in priority communities. Eligible students will receive full, upfront funding for tuition, books and other direct educational costs in return for working and caring for people in the region where they studied for a term of service after they graduate."

[Read more...](#)

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## **Ontario Celebrates the Accomplishments of 16 Outstanding Seniors**

"The Ontario government is celebrating the accomplishments of 16 outstanding seniors for their contributions to their communities and to the province. ... Recipients of the Ontario Senior Achievement Award are helping to improve the lives of Ontarians of all ages through community services and humanitarian activities. This includes fundraising, leading community beautification projects, helping with programs such as Meals on Wheels, volunteering in hospitals, local churches, senior organizations, retirement homes and long-term-care homes. They also support and empower our aging population by serving as advocates for veterans, the homeless, new immigrants, the Francophone community, people with disabilities and job seekers."

[Read more...](#)

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## News

Many of our Member centres are currently seeking new volunteers. Many volunteer opportunities are remote, 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.



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## The Clyde Mental Health and Addictions Awareness Project

We would like to thank LifeLine International for their grant of \$3,500.00 to support the Clyde Project. Their funding will go towards continually raising awareness and providing tools to professionals and communities of individuals, families, and interest groups to aid them in supporting suicide prevention and intervention.



In honour of Clyde and his family, this month we have chosen to highlight the [Centre for Addiction and Mental Health](#).

"The Centre for Addiction and Mental Health (CAMH) is Canada's largest mental health teaching hospital and one of the world's leading research centres in its field. CAMH is fully affiliated with the University of Toronto and is a Pan American Health Organization/World Health Organization Collaborating Centre.

With a dedicated staff of more than 3,000 physicians, clinicians, researchers, educators and support staff, CAMH offers outstanding clinical care to more than 34,000 patients each year. The organization conducts groundbreaking research, provides expert training to health care professionals and scientists, develops innovative health promotion and prevention strategies, and advocates on public policy issues at all levels of government."

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## In other news...

### Eating Disorders Awareness Week

"Eating Disorders affect people of all genders, sexual orientations, ages, socioeconomic class, abilities, races, and ethnic backgrounds. That is why, from February 1st to 7th every year, Eating Disorder groups across Canada unite to commemorate Eating Disorder Awareness Week (EDAW) with a national week of action focused on educating the public about Eating Disorders.



It is a time to escalate awareness of the impact of Eating Disorders, the dangerous stereotypes and myths, and the supports available for people living with or affected by them.

This year's campaign, Transforming the Narrative from Asks to Action, aims to help people understand the connection between Eating Disorders and other co-occurring conditions or intersections of disadvantage (e.g., mental health conditions, trauma, systemic issues), and to help people take action to support people affected." - The National Eating Disorder Information Centre

[Learn more...](#)

## Things to do on Family Day in Ontario

"Families, in all their shapes, forms and sizes, are at the heart of our communities. In Ontario, a day is set aside to reflect on the importance of families and to celebrate with loved ones.



Family Day is a provincial holiday on the third Monday of February, extending the weekend for one extra day. In 2023, Family Day is Monday, February 20.

Whether you're looking for fun activities to do with your toddlers, tweens or older teens, there are plenty of family bonding activities to enjoy during this long weekend."

[Read 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 is seeking feedback from Membership on how to best move forward in providing recognition and/or support to Member volunteers. The SOV Committee will use this feedback to determine next steps for the SOV Program.



Monthly SOV webinars for volunteers and staff continue to receive high registration numbers. Currently, we are exploring a 4-part series on the Seven Pillars of Self-Care. Part 2 will be held February 8th, from 12:00PM to 1:00PM EST. Member leadership have been sent links to register.

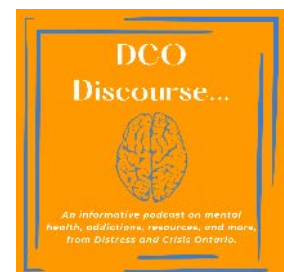
### Website

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 January we focused on self-care topics like rethinking resolutions, the seven pillars of self-care, and setting boundaries.



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

February 8th, 2023 at 12:00PM EST

February 22nd, 2023 at 12:00PM EST

March 1st, 2023 at 12:00PM EST

### Annual Winter Conference

March 9th, 2023 - TBA



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