



## January 2023 Newsletter

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"The best preparation for tomorrow is doing your best today."  
— H. Jackson Brown Jr.

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### January Holidays and Observances

We would like to wish everyone a happy and healthy New Year! May the new year bring you peace, joy, and happiness. January 27th is International Holocaust Remembrance Day and the 29th is National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia. There are also many minor days of appreciation like Winnie the Pooh Day and National Hug Day this month.



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

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### Rethinking Your New Year's Resolutions

As the New Year approaches, we're bombarded with the expectation to evolve into a shinier version of ourselves. It can often feel like everyone around us is starting a new diet, a new workout routine, or beginning a new life plan that's going to slingshot them into their dream lives.



Every New Year, many of us make resolutions designed to reach the goal of making our lives healthier, more meaningful, or enjoyable.

[Read more...](#)

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### Post-Holiday Letdown and Facing the "Winter Blues"

It's normal to feel a sense of disappointment and sadness when the holiday season is over. You may have worked at making the holidays special for yourself and others. You may have felt more of a sense of community during the season.

You may feel deeply lonely now that your family and friends have left. You may feel a sense of relief that you now have your home to yourself. Then you feel guilty for feeling a sense of relief.

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## To the Young Who Want to Die: Roxane Gay Reads Gwendolyn Brooks' Lifeline of a Poem

"There is but one truly serious philosophical problem, and that is suicide," Albert Camus wrote in one of the most provocative opening sentences in all of literature, unspooling into one of the most daring works of philosophy. "Judging whether life is or is not worth living amounts to answering the fundamental question of philosophy. All the rest — whether or not the world has three dimensions, whether the mind has nine or twelve categories — comes afterwards."

[Read more...](#)



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## Bell Let's Talk Day

The 13th annual Bell Let's Talk Day will take place Wednesday, January 25. Bell Let's Talk funds Canadians mental health initiatives and organizations all year long that are creating positive change in their communities each and every day. Click below to learn more about how you can get involved to help create positive change.

[Learn more...](#)



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## Updates from the Government of Ontario



### Spread the Word: Local Pharmacies Now a One-Stop-Shop for Thirteen Common Ailments

"Ontario is making it more convenient for people to connect to care closer to home by launching pharmacist prescribing for some of the most common medical ailments.

As of January 1, 2023, Ontarians will be able to stop in at pharmacies across the province to receive prescriptions for thirteen common ailments, including rashes, pink eye, insect bites and urinary tract infections with just their health card. This service makes it more convenient to access care by removing a doctor's office visit and will come at no extra cost to Ontarians."

[Read more...](#)

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## Winter is here! Let's be prepared this season

"As Ontario approaches the start of the winter season, the government is reminding Ontarians to have an emergency plan and supplies on hand to keep themselves and their loved ones safe.

Whether shovelling snow or clearing ice from our sidewalks, we must do our part to keep ourselves and others safe every winter. When it comes to winter emergencies like heavy snow, ice storms and power outages, there are simple ways to ensure everyone is ready."

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## Ontario Providing Free Naloxone Kits in Workplaces

"The Ontario government is launching a first-of-its-kind program to make free naloxone kits (and free training) available at workplaces where there is a risk of staff witnessing or experiencing an opioid overdose.

In 2021, 2,819 people died from opioid-related causes in Ontario – the highest number on record and up from 366 in 2003. Naloxone is a life-saving medication that can temporarily reverse an opioid overdose, restore breathing within two to five minutes, and allow time for medical help to arrive."

[Read more...](#)

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## Ontario Creating More Affordable Child Care Spaces Across the Province

"The Ontario government is making child care more affordable and accessible for families across the province, creating an additional 53,000 new, affordable licensed child care spaces by December 2026 – bringing our total to 86,000 new spaces since 2019."

[Read more...](#)

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## News from and for our Member Centres

### 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

In honour of Clyde and his family, this month we have chosen to

highlight the [Canadian Centre for Men and Families](#).

"The first facility of its kind, we are an open, inclusive and safe space dedicated to the health and well-being of boys, men, fathers and their families. We provide workshops, counselling, discussion groups and a variety of special events. Programs include trauma and abuse support, suicide prevention, fathering, tutoring, mentorship and legal aid. We run services, research, advocacy, outreach and public education on all aspects of men's issues. "



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## In other news...

### Easy Winter Getaways for Ontario Families

"From snowshoeing to snowboarding, Ontario's cold and snowy weather isn't a hindrance to your holiday—it's the reason for it.



What winter days lack in length, they more than make up for in adventure.

Instead of escaping to a southern locale this winter, we've rounded up fun adventures closer to home."

[Learn more...](#)

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### Was your travel disrupted? Here's what you're owed — and what you won't get

"The weather may be clearing, but many travellers are still unable to reach their destination or return home after last week's winter storm. Many others are still waiting for answers and refunds after their travel plans went awry.



Hundreds of Canadians have spent days stuck in Mexico, Cuba and the Dominican Republic after Sunwing repeatedly cancelled their flights home. Stranded flyers say they have received little information or support from the airline.

Meanwhile, some rail passengers are still waiting to reach their destinations after Via Rail trains were halted between Windsor and Quebec City overnight Friday into Saturday, leaving travellers stuck on board for more than 20 hours. Via Rail resumed service between Toronto, Ottawa and Montreal on Tuesday but warned of significant delays due to congestion along the routes."

[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



**Annual Winter Conference**  
March 9th, 2023 - TBA



## Distress And Crisis Ontario

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