



March 2023 Newsletter

“Spring will come and so will happiness. Hold on. Life will get warmer.”
— Anita Krizzan

March Holidays and Observances

While parents to school-aged children are likely planning ahead for March Break this month, other important dates include International Women's Day on the 8th, International Day for the Elimination of Racial Discrimination on the 21st, and International Transgender Day of Visibility on the 31st.

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



International Women's Day

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #EmbraceEquity.

Celebrate women's achievement. Raise awareness about discrimination. Take action to drive gender parity. International Women's Day belongs to everyone, everywhere. Inclusion means all International Women's Day action is valid.

[Learn more...](#)



Finding Balance as a Caregiver: How to Recognize and Manage Burnout

Caregiving can be a rewarding and meaningful experience. However, because of the nature of caregiver roles, it can easily turn into an overwhelming and taxing experience, both mentally and physically. Unfortunately, most

caregivers face burnout at some point.

According to the National Alliance for Caregiving, at least two-thirds of family caregivers are employed full or part-time on top of their caregiving roles. Having both professional and personal roles can result in a seemingly endless list of responsibilities. While finding a balance can be difficult, it is possible. It is important to recognize and deal with caregiver burnout as soon as possible.



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Understanding Chronic Sorrow

There is sneaky grief and loss that caregivers of children with mental illness experience. Chronic sorrow, as it has been called, is "ambiguous, one that rarely subsides over time, and is rarely acknowledged" (Richardson et al., 2012).

As a caregiver of children who have struggled with mental illness, I have learned to celebrate the joy and stay in deep gratitude for healthy times—yet there is a constant dull ache that persists, and chronic sorrow gives this a name for me. In my professional role, I have listened as chronic sorrow creates an additional barrier for caregivers, complicating the stress and anxiety of caring for their children.



[Read more...](#)

The accuracy and reliability of suicide statistics: Why it matters

Suicide has been a hidden and unspoken action for centuries. Religious proscriptions and, later, legal penalties kept it underground and secret. In western societies people dared not speak its name, let alone carry it forward in deed, lest one be imprisoned for attempting or doomed to eternity for actually dying. Consequently, a stigma is attached to suicide like nothing else in this world, almost as if the word stigma itself was coined specifically to describe it. It remains our biggest hurdle in suicide prevention: overcoming the stigma. It lingers long after its religious taboo has softened, and its former criminality has faded from memory. And it lingers on even in the mundane activities of life, like the recording and reporting of death.



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Updates from the Government of Ontario



Ontario Reducing Wait Times for Publicly Funded Surgeries and Diagnostics

"The Ontario government [has] introduced the *Your Health Act, 2023*, which outlines the province's next steps in its plan to reduce wait times for surgeries, procedures and diagnostic imaging, while enabling its new "As of Right" rules to automatically recognize the credentials of health care workers registered in other provinces and territories."

[Read more...](#)

Ontario Connecting Youth Leaving Care with Supports to Succeed

"The Ontario government is investing \$68 million in a new program that connects youth in the child welfare system with additional services and supports they need to prepare for and succeed after leaving care. The Ready, Set, Go program, launching on April 1, 2023, will provide youth transitioning out of care with life skills and supports they need to pursue post secondary education, skilled trades training and employment opportunities."

[Continue reading...](#)

Ontario Connecting More People to Care at Home

"As part of Your Health: A Plan for Connected and Convenient Care, Ontario is connecting people to convenient care at home and in their community so more Ontarians can choose to stay in their homes for longer as they age or are able to receive care closer to home. Delivering convenient care at home provides a better experience for people and frees up more space in hospitals, long-term care homes and doctors' offices."

[Read more...](#)

Ontario Strengthening Supports for Survivors of Violence and their Children

"The Ontario government is investing up to \$6.5 million to help women and children who have experienced violence and are survivors of human trafficking access the supports and services they need to stay safe and rebuild their lives. This funding will also help children and youth get the early intervention supports they need to heal from the harmful effects of experiencing and witnessing violence."

[Read more...](#)

News from and for our Member Centres

DCO's Winter Conference 2023

On Thursday, March 9th we will be joined by Dr. Rick Csiernik for a virtual event to learn about hallucinogenic drugs and the rising popularity of "microdosing" drugs in this family of substances. There will also be a question and answer period for attendees to ask any question they may have about substance use, misuse and supporting those who are experiencing addiction. In the afternoon, we will have some Membership only time for updates,



networking and collaboration.

[Click here](#) to visit our event page and to purchase tickets.

The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight [Men's Sheds Canada](#).



"Men's Sheds is based on a simple concept: Improve our members' physical and mental health through activities men will actually join.

It's where you can learn or teach new skills and find new opportunities and interests while making new friends.

A Men's Shed provides a safe and friendly environment where men can work on meaningful projects. Men work at their own pace, in their own time, in the company of other men.

A Shed offers men an alternate way to reach out to avoid 'isolation' while giving back to society."

In other news...

A Bit of Optimism Podcast - High Performance with Divesh Makan

"Divesh is one of the most connected people I know. Charming and opinionated, he advises and invests the fortunes of the most successful and wealthiest people on the planet.

So I wanted to ask him what he's learned along the way and what we can learn from him.

This is... A Bit of Optimism."

[Listen here...](#)



March Break activities in Ontario

"March Break in Ontario is March 13–17, 2023. It is a break from school and a chance for families to spend time together. Here's a list of engaging experiences and programs, with something for everyone in the family."

[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.

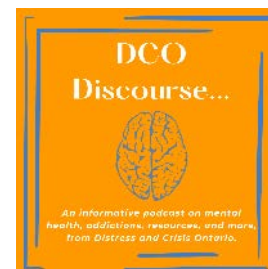
Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at dcontario.org. 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. In February we explored coping with loneliness, preparing for tax season, learned about Pink Shirt Day, and talked about marriage and relationships with a couple who have been married for 36 years.



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.



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

March 1st, 2023 at 12:00PM EST

Annual Winter Conference

March 9th, 2023 at 9:00AM EST



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