



## August 2024 Newsletter

"So, I guess we are who we are for a lot of reasons. And maybe we'll never know most of them. But even if we don't have the power to choose where we come from, we can still choose where we go from there. We can still do things. And we can try to feel okay about them." – Steven Chbosky

### August Holidays and Observances

We hope that everyone has a happy and safe Civic Holiday on August 5th.

August is a relatively quiet month in terms of days of importance but still has a few noteworthy occurrences. August 1st is [Emancipation Day](#) in Canada, marking the actual day in 1834 that the Slavery Abolition Act of 1833 came into effect across the British Empire. Additionally, August 12 is [International Youth Day](#) and August 31 is [International Overdose Awareness Day](#).



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

### Expanding Societal Norms: Parenting the Next Gen with Pride

"I recently stumbled upon a statistic that gave me pause. Are you aware that there's a 20% chance that your child, niece, or grandchild may identify outside the cis-heteronormative binary?

Wait, what does it mean to be in the cis-heteronormative binary?

Being in the cis-heteronormative binary means fitting neatly into society's traditional boxes of gender and sexuality. It's like this: you're expected to identify as either male or female based on the sex you were assigned at birth (cisgender) and be attracted to the opposite gender (heterosexual)."



[Continue reading...](#)

### Do Multivitamins Do Any Good?

"For most of my life, I pooh-poohed vitamins, believing a healthy person who eats well shouldn't need supplements. In writing about it, I've cited experts who've called vitamins and other supplements a waste of money for most people. If you skim the body of scientific research on the topic, you might come to the same conclusion.

A widely reported new study of 390,124 people, for example, concluded that multivitamins don't do squat for longevity."

[Read more...](#)

## I'm Embracing the Selfish Stage of Parenting

"I've reached the selfish stage of my life and I'm enjoying it greatly.

Yes, that's right. For the first time that I can remember in my 30 years of being an adult, I get to put myself first. That's a wonderful feeling. Some might think it to be selfish, but I have a different take on it.

As a father of three and the husband of a wonderful Bride, I've always taken my role within our family very seriously. I've been the main provider for some years, and the secondary one for others. I've handled the transport of our children to their various events in grade school, junior high, and high school. I've cooked more family dinners than anyone else in our household."

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## Back-to-School Tips for a Positive Transition

"The start of the school year can be a tough transitional period, leaving behind summer days for the more structured school days. Big transitions like beginning kindergarten, high school, university/college, and/or at a new school often occur in September.

Krista Sibbilin, Director of Children's Services at CMHA WW, shares that, "A lot of people find the back-to-school season challenging. You are not alone. Whether you are a parent, teacher, or student, help each other navigate through emotions by listening, validating and helping to problem-solve." (CMHA-WW, 2022)

The good news is, there are several ways you can support your children, youth, young adults, and yourself as a parent or teacher while going back to school."

[Read more...](#)

## Overdose Awareness: Maureen's Story

**Trigger warning:** *This video contains discussion of substance use, overdose, and death.*

"August 31st is International Overdose Awareness Day. The world's annual campaign to end overdose, remember without stigma those who have died, and acknowledge the grief of the family and friends left behind."



A note from DCO: This video is from an Australian organization and mentions calling triple 0 for emergency medical services. In Canada this number would be 911.



Is the content of this email relevant to you? Any feedback can be sent to [info@dcontario.org](mailto:info@dcontario.org).

Yes, absolutely

Yes, somewhat

Yes, a little bit

No, not at all

## Updates from the Government of Ontario



### Governments Expanding Mental Health Supports for Farm Workers

"The governments of Canada and Ontario are investing up to \$538,000 through the Sustainable Canadian Agricultural Partnership (Sustainable CAP) to expand the Farmer Wellness Initiative to Ontario farm workers. Of that total, nearly \$178,000 will be dedicated to supporting the delivery of services in Spanish.

Delivered by Agriculture Wellness Ontario, a suite of free programming managed by the Canadian Mental Health Association, Ontario Division, the Farmer Wellness Initiative provides farmers, farm workers and their family members in Ontario with unlimited access to a free, 24/7 phone line that connects them to tailored mental health counselling. Earlier this year, the line expanded to include farm workers, and now the

expansion includes the delivery of mental health services in Spanish to better serve international agricultural workers."

[Continue reading...](#)

## **Ontario Expanding Seniors Active Living Centres**

"The Ontario government is expanding access to services and activities for seniors through a call for proposals for new Seniors Active Living Centres (SALC) programs. These programs provide social, cultural, learning, and recreational opportunities for seniors to stay fit, healthy and connected in their communities.

"Seniors Active Living Centres improve the lives of Ontario's seniors," said Raymond Cho, Minister for Seniors and Accessibility. "Our government is expanding the number of programs with this call for proposals so more seniors can have access to services and activities to live healthy, active and independent lives."

[Learn more...](#)

## **Ontario Increasing Access to Free Menstrual Products in Schools**

"The Ontario government is breaking the stigma around period poverty by making sure schools across Ontario can offer free menstrual products to their students. Today, Todd Smith, Minister of Education, announced a new three-year agreement with Shoppers Drug Mart to expand the province's Menstrual Equity Initiative and provide more than 23 million free menstrual products to students over the next 3 years.

"We know that when students can't access or afford menstrual products, it often results in them missing school, work or other activities – but we're changing that," said Minister Smith. "Access to products through Ontario's Menstrual Equity Initiative is just one more way we are removing barriers for women and girls so they can reach their full potential and realize their dreams."

[Continue reading...](#)

## **Ontario Connecting Youth in Thunder Bay to Mental Health Services**

"The Ontario government is looking at additional innovative and creative ways to make pharmacies a one-stop-shop for people to conveniently connect to care, close to home by further expanding the ability of pharmacists to provide care. Starting today, the government is consulting with its partners on further expanding the ability of pharmacists to provide care by treating additional common ailments, administering more vaccines, and performing more point-of-care testing.

"Our government is continuing to expand our bold and innovative plan to make it easier for people to connect to the care they need, close to home," said Sylvia Jones, Deputy Premier and Minister of Health. "Pharmacist prescribing has been a huge success in Ontario, and we are excited to work with our partners to help explore more opportunities to leverage pharmacies to connect people to care in Ontario, no matter where they live."

[Read more...](#)

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## **News from and for our Member Centres**

To keep up to date with our Members, we encourage you to follow them on their social media platforms. Please click on

any of our Members' names below to visit their most active social media page directly.



[Distress Centre Halton](#)

[Telephone Aid Line Kingston](#)

[Distress Centre Lanark, Leeds, and Grenville](#) (Developmental Services of Leeds and Grenville)

[Crisis Centre North Bay](#)

[Talk 4 Healing](#) (Beendigen)

[Nunavut Kamatsiaqtut Helpline](#)

[Distress Centre Ottawa and Region](#)

[Telecare Peterborough](#)

[Sarnia Distress Line](#) (Family Counselling Centre Sarnia-Lambton)

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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 "[International Overdose Awareness Day](#)".

"International Overdose Awareness Day (IOAD) – held on August 31 every year – is the world's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of family and friends left behind.



Our theme for 2024 is "Together we can", highlighting the power of our community when we all stand together."

[Learn more...](#)

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## In other news...

### France hosts the Summer Olympics for the first time in a century

We at DCO, like many others, have enjoyed cheering Canadian athletes on as they participate in the Paris 2024 Summer Olympics. Team Canada is doing well so far and we would like to add our encouragement and recognition of their hard work. The Team Canada website has been providing updates and schedules for events on their website which you can visit below.



[Learn more...](#)

### Summer Fun Guide Event Calendar

"The Summer Fun Guide Event Calendar is your best place to find things to do in Ontario today, this weekend or next month. With loads of great events for singles, couples, and families, everyone can find a festival or event for a day off, a beautiful Sunday or a holiday.



The event calendar has everything from Music festivals, Food and Wine festivals (Ribfests too!), Film festivals, Cultural Festivals, and Family Festivals to Arts Festivals, Craft fairs, Busker Festivals, Comedy festivals, and Theatre festivals, to seasonal festivals (Fall, Halloween, Pumpkin, Christmas, Maple Syrup), Sports events and Fireworks shows. These are only a few examples and the list goes on."



## DCO Updates

### World Suicide Prevention Day 2024



Save the date for our World Suicide Prevention Day 2024 Livestream being held Tuesday September 10th at 7:45PM on our Facebook page. Join us as we come together to light a candle in memory of those who have suicided, learn from our keynote speaker Christina Hennelly about suicidality and brain injury, explore some of the current research around suicidality, and close with a song of hope from Bill Withers.

For more information, and to register, visit our event page by [clicking here](#).

### Learning Forum Updates

Important updates and refreshes continue on our Learning Forum platform, including new modules on the way that explore notetaking, duty to report, supporting survivors of traumatic brain injury, and more. Updated Learning Forum walkthroughs have been provided to all Member centres to access the Learning Forum section of our new website.



### Spirit of Volunteerism Committee

Monthly SOV webinars for Member staff and volunteers are held on the second or third Wednesday of each month from 12:00PM - 1:00PM and 7:00PM - 8:00PM EST. Registration links are shared via email with Member leadership in the weeks leading up to each webinar, and are now also being shared on our new Spirit of Volunteerism Community Page available to all Learning Forum users on Thinkific. Our next webinar will be held on Wednesday August 14 on Navigating Firsts.



### 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). The updates to our website have been completed and we would appreciate any feedback you have on our website contents. Please email any feedback to [info@dcontario.org](mailto:info@dcontario.org).



### Blog

Our latest blog post, "The Seven Pillars of Self-Care", breaks down the seven pillars of self-care as developed by the International Self-Care Foundation. It also explores opportunities for accessing affordable self-care resources. You can read the full blog post [here](#). Our blogs are released mid-month and cover timely topics related to current events or monthly themes, articles that didn't make it into our e-newsletter, updates from the Association and Members, and much more.



### Podcast

Our podcast, "DCO Discourse..." continues to feature a variety

of mental health topics with new episodes being released every Monday. In July the podcast explored topics like summer self-care, body image neutrality, continuing Pride beyond June, and more.

You can 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 visit our website and learn more. Becoming a member will allow your organization to increase networking in the sector, receive subject matter content specific to distress, crisis, and suicide prevention, and benefit from collective advocacy. 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](http://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 of Directors Meetings

- October 22, 2024 at 7:00PM EST
- January 28, 2025 at 5:00PM EST
- April 22, 2025 at 7:00PM EST

### SOV Webinars

Upcoming members-only Spirit of Volunteerism webinars for staff and volunteer responders are as follows:

- August 14, 2024 at 12:00PM and 7:00PM EST - On Navigating Firsts



### World Suicide Prevention Day 2024 Livestream

- September 10, 2024 at 7:45PM EST

## Distress And Crisis Ontario

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