



February 2024 Newsletter

"Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand." — Emily Kimbrough

A note from DCO: Sometimes technology does not work the way we want it to. We sincerely apologize that an earlier version of this newsletter contained incorrect links to past articles, this has now been corrected below.

February Holidays and Observances

February is [Black History Month](#) and [Eating Disorders Awareness Week](#) is held February 1st to 7th. Continue reading to see our list of resources related to Black History Month this year. Also celebrated in February is Family Day, Valentine's Day, [Pink Shirt Day](#), and other fun days like National Pizza Day and Love Your Pet Day.

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



Tips for Navigating Valentine's Day - Correct link

Somewhere around the time the New Year's Eve parties ended, retail displays transformed from winter wonderlands to Cupid's playgrounds. But whether you dread it or eagerly anticipate it, Valentine's Day can also serve as a reminder that we can all use a bit of TLC (tender, loving care), regardless of our relationship status.



Unrealistic depictions of Valentine's Day — outrageous marriage proposals, over-the-top dinner dates and more — can make the pressure to feel like you must pair up and/or make everything "perfect" seem overwhelming, to the point that you may feel anxious.

[Continue reading...](#)

Let's Make Cuddling with Friends a Thing - Correct link

"Touch is a sensitive issue for me. On the one hand, I'm extremely physically affectionate. I'd rather hug someone than

shake their hand, I often touch someone's hand or wrist when I talk to them, and in a relationship, I need to be with someone who loves to cuddle.



On the other hand, I grew up feeling somewhat guilty and almost shameful about this desire for touch. It wasn't a demonstration of my personal sexual needs, but one of my basic human needs, and friends often teased me or even chastised me for my openness around touching, likening all touch to sexual expression.

Further, I had to learn that people had different boundaries around touch. I hugged far too many people who pulled stiffly away and one day realized that my actions were sometimes unintentionally disrespectful. I started asking people if hugs or other touch was welcome in order to correct my behavior."

[Read more...](#)

Exclusive: Conversion Therapy Is Still Happening in Almost Every U.S. State

"Conversion therapy—a practice aimed at changing someone's sexual orientation or gender identity—has been widely discredited and is banned in 22 states and the District of Columbia. But more than 1,300 practitioners still offer conversion therapy in the U.S., according to a new report shared exclusively with *TIME*.



...

The new report comes from the Trevor Project, a nonprofit that aims to prevent suicide among LGBTQ youth. Lead author Casey Pick, director of law and policy at the Trevor Project, says she believes it is among the most comprehensive efforts to document the prevalence of conversion therapy in the U.S. She spent five years combing through publicly available online listings for conversion therapists to counter the common—though mistaken—perception that the debunked practice has become obsolete."

Learn more from *TIME*'s article [here...](#)

I Wondered What Was Wrong With Me, Why I Wasn't Crying Over My Dead Father

"For years, I slept with the ringer on so as not to miss those dreadful calls.

"He hit his head again," the caller would tell me. "We have to send him out to have it checked."

"Ok, thank you," I'd say, and then rush down to the emergency room to sit at his bedside until the doctor said I could take him home.

Each of those was a prelude to the truly dreadful call I knew would one day come. It was early on a Friday morning in April when it finally did.

"Hello, Mr. Tuohy, this is the nurse at St. Martin's. Your father is unresponsive."



[This article](#) from Medium explores anticipatory grief and is being shared in advance of our winter workshop where we will explore similar topics, more information below.

The Loss: Some things you probably don't know about

adoption

"A baby boy in a grubby t-shirt and a sodden diaper totters down a Los Angeles sidewalk. My husband and I are out for a walk on a Saturday morning, and there isn't another person in sight. I pick the boy up. Wrap him in my arms.



The kid is maybe 18-months old, and his diaper leaks onto my sweatshirt as we ring the doorbell at the nearest house.

"Probably one of theirs," the woman who answers says, pointing to a house across the street. We knock. After several moments the door edges open, revealing a woman with a troop of children behind her. She plucks the boy from my arms, plops him onto her hip, and slams the door.

My son is older than this tiny boy. My son is seven now. Most likely, he can ride a bike, read, ask for help. My son is not this lost baby. But I reel from the primitive terror of finding a toddler alone on the sidewalk and knowing that if my son has ever gotten lost, if any harm has befallen him these years we've been apart, I was not there, and never will be there, to help him. My son was born in Iowa in 1970 when I was 17. These days, I don't know where he is. I don't know his name. I lost him to adoption."

[This article](#) from Medium explores loss and grief related to adoption and is being shared in advance of our winter workshop where we will explore similar topics, more information below.

Updates from the Government of Ontario



Ontario Connecting Children and Youth to Mental Health Care Close to Home

"The Ontario government is investing an additional \$44.6 million per year to connect children and youth to mental health services across the province so they have access to the care they need, when they need it, in their community. This is part of the government's investment of an additional \$330 million each year in pediatric health services at hospitals and community-based health care facilities across the province.

"Our government is making record investments in the health and well-being of our children now and for the future," said Sylvia Jones, Deputy Premier and Minister of Health. "This investment in child and youth mental health services will support children in receiving more connected and convenient mental health care when they need it most."

[Continue reading...](#)

Ontario Helping More Women in Elliot Lake Build Skills and Get Jobs

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

"Through this new Investing in Women's Futures program location in Elliot Lake, more survivors of gender-based violence will have access to the employment readiness and

wraparound supports they need to increase their participation in the workforce and provide for themselves and their children,” said Charmaine Williams, Associate Minister of Women's Social and Economic Opportunity. “Our government is empowering women to achieve the success they deserve because when women succeed, Ontario succeeds.””

[Learn more...](#)

Ontario Fighting Back Against Rise in Hate Crime

"The Ontario government is investing more than \$1.7 million to help stop hate-motivated crimes across the province. The funding will be delivered over two years through the Safer and Vital Communities (SVC) Grant program as part of the province’s plan to promote safe and inclusive communities.

“Acts that incite hatred, fear and intimidation have no place in our communities,” said Solicitor General Michael Kerzner. “That is why our government is making additional investments to help combat the rise in hate crime and support community-based organizations that are working to address the root causes of hate in all its forms.””

[Continue reading...](#)

Ontario Connecting Long-Term Care Residents to Specialized Care

"The Ontario government is investing an additional \$15 million this year through the Local Priorities Fund to invest a total of \$35 million in 2023-24, to help long-term care homes support residents with complex needs like dementia and bariatric care. The funding will ensure residents can connect to the right care in the right place and help reduce avoidable emergency department visits and hospital stays.

“Our government is continuing to take action to ensure long-term care residents across Ontario get the right care in the right place,” said Stan Cho, Minister of Long-Term Care. “This funding will expand specialized staffing, equipment and other services at homes across the province so that long-term care residents with complex needs can get the care they need, when and where they need it.””

[Continue reading...](#)

News from and for our Member Centres

Let's talk *more* about grief. Join us February 29, 2024 for a morning of exploration with experts Dr. Susan Cadell and Dr. David Wright. This presentation will expand on topics our speakers previously discussed at our Summer Conference, as well as introducing additional areas pertaining to grief.

The hope is that the content explored will enable attendees to better recognize grief within themselves, which will allow them to better support fellow grievers, and reduce the stigma associated with grief and grieving. Our speakers will bring *more* stories, *more* examples, *more* research and *more* theory. Please bring your questions and your own stories. Let’s talk more about grief!



The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight [Wellness Together Canada](#).

"Help is a click away. Mental health and substance use support for people in Canada and Canadians abroad. Always free and virtual, 24/7."

In other news...

Black History Month Resources

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 2024 theme for Black History Month is: "Black Excellence: A Heritage to Celebrate; a Future to Build". This theme celebrates the rich past and present contributions and accomplishments of Black people in Canada, while aspiring to embrace new opportunities for the future.

You can learn more and explore our list of resources [here](#).



Things to do on Family Day 2024 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 2024, Family Day is Monday, February 19. 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."



[Here](#) is a list of activities from *Destination Ontario* for Family Day this year.

DCO Updates

Learning Forum Updates

Important updates and refreshes continue with our Learning Forum content. We 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 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. **There will be no SOV webinar in February as our Winter Workshop is held this month.**



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 available to all Learning Forum users on Thinkific.

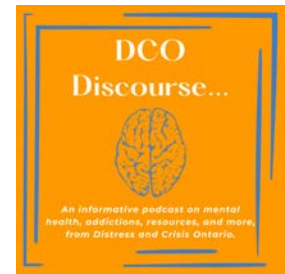
Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at dcontario.org. We are currently undergoing an update to our website to ensure we continue to provide the best services possible which is set to launch this month.



Podcast

Our podcast, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. In January topics included how to rethink New Years resolutions; navigating post-holiday letdown, the "winter blues" and seasonal affective disorder; a mental health check-in; and more.



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

Friday Apr 19, 2024 at 10:00am EST

SOV Webinars

Upcoming members-only lunch and learn webinars for staff and volunteer responders are as follows:

- No webinar in February, March information to come

Leadership Workshop on HR Policies

Wednesday, February 7, 2024 at 12:30pm EST

Annual Winter Conference - Workshop On Grief

Thursday, February 29th, 2024 at 9:00am EST



Distress And Crisis Ontario

PO Box 40115
RPO Waterloo Square
Waterloo, ON
N2J 4V1
416-486-2242
www.dcontario.org

Contact Us



Distress and Crisis Ontario | PO Box 40115, RPO Waterloo Square, Waterloo, N2J 4V1 Canada

[Unsubscribe info@dcontario.org](mailto:info@dcontario.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@dcontario.org powered by



Try email marketing for free today!