



## January 2025 Newsletter

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"To keep a warm heart in winter is the real victory." – Marty Rubin

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### January Holidays and Observances

To all those who celebrate the New Year this month, we wish you a Happy New Year and hope that 2025 is filled with peace and joy. January is [Alzheimer's Awareness Month](#) and also holds [International Holocaust Remembrance Day](#). It is a relatively quiet month for raising of awareness.

To see what other days of importance and celebration there are in January, including National Compliment Day, [click here](#).



### The Psychology Behind New Year's Resolutions That Work

"A simple search ... shows dozens of posts about New Year's resolutions. Some of them will tell you that resolutions do not work and lay out a number of reasons. The rest will give you useful advice on how to try to make them work, while admitting that it will be hard.

The psychology behind this pessimistic view is not difficult to understand. New Year's resolutions are essentially goals: statements of desirable objectives that you want to accomplish. But, as hundreds of publications in motivation psychology show, goals do not work very well. Indeed, many, if not most, goals are never actually put into practice."

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### Helping Your Child Recover from Post-Holiday Letdown

"It's back to the grind, as they say in the business world. The excitement of the holidays—the tree trimming, gift exchanges, and New Year's fireworks—have come to an end. And January has landed like a dark, dreary, abyss.

While research shows that 64 percent of people experience high

levels of stress and depression during the holiday season, others experience what's known as a post-holiday "letdown." Going from the holiday high back to the reality of everyday life can create feelings of emptiness, loneliness, and disappointment. Children and teens can experience these emotions as they say goodbye to family members, readjust their sleep schedules, and get ready to head back to class."

[Read more...](#)



## How to Create and Maintain Healthy Relationships

"Relationships come in all shapes and sizes. But regardless of whether the relationship is platonic, romantic, or familial, it should nourish and support us. Having healthy relationships can make a huge difference in our mental health and well-being. But, creating healthy relationships takes time and effort. Let's take a look at what you can do to create and maintain healthy relationships in your life."

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## 'Bread & Roses': The Afghan Women Who Refuse to Disappear

The Taliban has ordered medical schools to cease teaching more than 17,000 women training to be midwives and nurses, the last career paths open to women. Since coming to power in August 2021, the Taliban have banned women from most careers, public spaces without an escort, and from singing or reading aloud. The medical institute ban exacerbates a healthcare crisis in a country with one of the world's highest maternal mortality rates, 620 deaths per 100,000 live births. Paired with the Taliban barring male doctors from treating unescorted women, the policy endangers female access to medical care.



"The streets have colorful umbrellas and people selling their wares, from plump tomatoes to green vegetables. A man is making pink cotton candy, while another is fixing his bike. There are chickens roasting, and roses on a car's dashboard. There are beautiful mountains looming. You could be anywhere, but no, you are definitively in Kabul, and your dreams are about to shatter."

This article has been shared on The Juggernaut and can be read using the following link, you will need to provide an email address to access the article:

<https://www.thejuggernaut.com/bread-and-roses-review-afghan-women-taliban-malala-jennifer-lawrence?s=cm51thcqi0011s601o6fye2ys>.

## How Friendship Can Change Your Life: The Science of Connection

"Simon [Sinek] explains why true friendship goes beyond casual encounters—it's about being present and intentional.

Discover the health benefits of real friendships and why they're critical for happiness, stress management, and even addiction prevention. In a world dominated by social media, he explores whether loneliness fuels addiction or vice versa and shares practical insights on how we can build stronger connections for a better life."



We'd like to know a little bit more about our readers. Please choose the best option below:

I currently work/volunteer for a Member centre/DCO

I used to work/volunteer for a Member centre/DCO

I work/volunteer for a different mental health organization

I am affiliated with the Ministry of Health/Centre of Excellence

Other

## Updates from the Government of Ontario



### Province Honours 2024 Order of Ontario Appointees

We would like to congratulate the twenty-nine (29) Ontarians who received the province's highest civilian honour for their outstanding achievements.

"The Honourable Edith Dumont, Lieutenant Governor of Ontario and Chancellor of the Order of Ontario, announced 29 new appointments to the Order of Ontario for 2024.

The Order of Ontario is reserved for exceptional individuals who have made a lasting impact in our province, country and the world. Members of the Order embody the finest qualities of our province, come from all walks of life and represent many fields of

endeavour, including public service, medicine, skilled trades, business, technology, mining, sports, the arts, health care, science and many more.

"The 2024 appointees to the Order of Ontario have enriched the lives of countless people in our province and well beyond," said the Honourable Edith Dumont, Lieutenant Governor of Ontario. "Together, they have attained the highest level of excellence in many fields, and may we all be inspired by their remarkable contributions."

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## **Ontario Empowering Youth Through Skilled Trades Training**

"The Ontario government is launching a new welding training program at the Sprucedale Youth Centre to equip youth with in-demand skills. This new program will be available to youth through collaboration with the Canadian Welding Bureau and will help young people in the justice system reintegrate into their community and reduce the likelihood of re-offending.

"With the right support and intervention, youth in the justice system can get their life on the right track and be positive members of society," said Michael Parsa, Minister of Children, Community and Social Services. "We are pleased to support this training program to empower more young people with the tools to do better, for themselves and their communities."

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## **Ontario Investing in New and Innovative Non-Profit Programs**

"The Ontario government is providing more than \$16 million to support 245 projects across the province through the Ontario Trillium Foundation's (OTF) Seed grant stream. This funding will help local non-profits, charities, small municipalities and Indigenous communities pilot, test or launch new initiatives that will directly benefit their communities.

"Across Ontario, non-profit organizations are delivering critical programming that helps communities thrive. They are helping people train for new careers, stay active, learn new skills and connect with those around them," said Stan Cho, Minister of Tourism, Culture and Gaming. "In 2024, our government invested over \$70 million to support 788 projects in 222 diverse communities, through the Ontario Trillium Foundation. Today's Seed grant funding will help non-profits deliver new, innovative ways to support the needs of communities across our province."

[Learn more...](#)

## **Ontario Adding 100 New Family Doctors in Rural and Northern Communities**

"The Ontario government is continuing to create new pathways to connect more people to primary care in the province by breaking down barriers for 100 internationally trained family physicians to practice medicine in a rural or northern community in 2025. Through the Practice Ready Ontario program, foreign-trained doctors can become licensed more quickly and connect an additional 120,000 people to care, where and when they need it.

"Our government is continuing to take bold and innovative action to ensure everyone who wants a primary care provider can connect to one," said Sylvia Jones, Deputy Premier and Minister of Health. "Through the Practice Ready Ontario program, we are taking another step to connect more people to world-class primary care right in their own communities, now and for years to come."

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## Ontario Supporting Seniors and Their Caregivers

"Today [December 4, 2024], the Ontario government introduced the Support for Seniors and Caregivers Act, 2024. The proposed legislation includes a \$114-million suite of initiatives to improve the lives of seniors through enhanced dementia care and supports, assistance for families and caregivers, and by creating more opportunities for seniors to build stronger social connections in their community.

"Our government is determined to give the best possible care to the people who raised us," said Natalia Kusendova-Bashta, Minister of Long-Term Care. "That's why we are working across government to ensure Ontario's seniors can enjoy the best possible quality of life, supported by safe, high-quality care."

[Read more...](#)

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## News from and for our Member Centres

Save the dates! This October, 2025, on the 23rd and 24th, we will be hosting our first **in-person event** since 2018! We will be hosting this two-day event in the Ottawa area and will provide updates as we finalize plans. Keep an eye out for new information information in this space, on our website, and on our social media channels.



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## The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, highlighting the importance of community and relationships, we've chosen to once again highlight the [Buddy Up Campaign](#).

"The Buddy Up Campaign: This is a men's suicide prevention campaign: a call to action for men, by men, to drive authentic conversation amongst men and their buddies. This is suicide prevention. Participate in the campaign year-round, completing activities that promote connection and wellbeing."

[Learn more...](#)



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## In other news...

### Bell Let's Talk

"Mark your calendars! Bell Let's Talk Day is January 22, 2025! Stay tuned to our website and social media for details on how you can participate and make a difference."

[Learn more...](#)



**Best winter experiences in Ontario**

"Ontario is incredible to visit all year round, but it's especially enchanting to travel here during the winter. Whether you want to experience snow for the first time, try out some classic winter sports, or relax with hot drinks in a cozy café, there's something for everyone to love about spending your winter holidays in Ontario. Pack a ski jacket or winter coat, so you'll be protected from the cold and ready to enjoy all the wonders of Ontario's winter season."



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## DCO Updates

### Learning Forum Updates

Important updates and refreshes continue on our Learning Forum platform, including new modules on the way that explore navigating the holidays, intimate partner violence, 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 (SOV)

As we continue to explore the best methods of sharing information with our Members, we have begun providing some of our SOV webinars to Members in an asynchronous format. November's webinar on Seasonal Affective Disorder and December's webinar on Navigating the Holidays have both been provided to Member leadership. In January we will once again host a live online event for a New Year's Reset (more information below). We are continuously seeking feedback from our Member centres on how we can improve these monthly webinars.



### Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at [www.dcontario.org](http://www.dcontario.org). If you have any suggestions for or feedback on the content of our website, please email us at [info@dcontario.org](mailto:info@dcontario.org).



### Blog

Our blogs, released once a month, cover timely topics related to current events or monthly themes, articles that didn't make it into our eNewsletter, updates from the Association and Members, and much more. Our latest blog explores goal-setting and rethinking New Years Resolutions. Visit our website to learn more.



### Podcast

Our podcast, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. In December the podcast explored many topics related to the holidays like stress management, setting expectations,

practical grounding skills, and goal-setting for the New Year.

You can click our logo to the right to listen now. 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

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

### SOV Webinars

- January 15, 2025 at 12:00PM EST - a New Years Re-set



## Distress And Crisis Ontario

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