



June 2024 Newsletter

"Healing is not an overnight process. It is a daily cleansing of pain; it is a daily healing of your life." — Leon Brown

June Holidays and Observances

June is a month packed full of dedications and awareness days. It is [Men's Health Month](#), [Brain Injury Awareness Month](#), and [Pride Month](#). Days of celebration include [Action Anxiety Day](#), [World Elder Abuse Awareness Day](#), and [National Indigenous Peoples Day](#).

We would like to wish all fathers, father-figures, and those filling the role of a father a very Happy Father's Day. If you need support on Father's Day, please [click here](#) to find your nearest Member centre.

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



Learning to Live with the Aftermath of an Eating Disorder in a Kind and Compassionate Way

"Miles of running on bone. Miles of turning up the music as loud as I could to drown out the noise of my monsters. Miles of clenching my jaw and making fists with my hands. This is how I ran for years.

I lived my life in this constant state of stress and tension, even when I didn't have my running shoes on. The only way I knew to be was rigid, tight, and controlled.

Now, I'm having to unlearn and relearn how to be soft, fluid, and in tune. And by "now," I mean the past seven years since choosing to recover from the eating disorder that consumed me."

[Continue reading...](#)



Going With Grandpa

"I rifle through my closet for the gray lock-box where I keep

the past. My army medals, a couple marathon medallions, some old love letters I've been meaning to toss away. I push aside the qirsh coin and photo of my dead cousin. I'm looking for my grandfather's note with its single inscription.

My grandfather was a navy man. Loved boxing and beer, fights and the mill and the local tavern. He spent a lot of time in the ports of China. Was fascinated by the culture. I didn't know it back then but he experienced something I would experience later. The alienation that occurs when you go really far away and try to come back."

[Read more...](#)

I Want to Break Free (From Your Lies)

"Queen's video for "I Want to Break Free" was released forty years ago [in April 2024]. There's a moment toward the beginning of it in which session musician Fred Mandel's keyboards precede the appearance of an old vacuum that slides into a room, back and forth, as the camera then rises toward the woman wielding this housekeeping super-weapon. The poppy keyboards' effect is something akin to the Jaws theme, signaling something naughty is about to happen. And it does when it's revealed that the woman in the tight black leather skirt, pink sweater, and big hair is none other than the British band's lead singer — Freddie Mercury."

[Continue reading...](#)

It's Not Your Imagination. Beautiful Women All Look Alike Now

"Before celebrity influencers like the Kardashians jet-setted to million-dollar birthday parties, accumulated wardrobes with 30,000 pieces of clothing, or simply lied about their net worth, the nineteenth-century's most fabulously rich (almost always men) flashed their wealth by showing off their mistresses."

These mistresses were not common prostitutes but the most celebrated courtesans, otherwise known as Les Grandes Horizontales. Courtesans had one responsibility (when vertical) — to spend their lover's money as extravagantly as possible."

[Continue reading...](#)

Dads answer: What does it mean to be a man?

"To mark this Father's Day [2022], we asked fathers and father figures to reflect on what it means to them to be a man. What do they want their children and grandchildren to understand about being a man in today's world? How do they see manhood changing? How different is it to be a father today than it was for their fathers?"

What follows are some of the insightful, eloquent and poignant answers we received. Happy Father's Day to those who celebrate, and we're wishing peace and comfort to those who feel a weight on this day. Mostly, thank you."



[Read more...](#)

Alderville First Nation artists brighten Cobourg's waterfront with a touch of reconciliation

"Two Alderville First Nation artists are showcasing their work on Cobourg's Victoria Beach. The popular waterfront destination on the shores of Lake Ontario, 140 km east of Toronto, was revamped for the event.

Twenty-six banners enhance the lampposts on the waterfront from the Cobourg marina to the east side of the boardwalk of the beach.

Anishinaabe Artists Koren Smoke and Rick Beaver joined Cobourg Councillor, Adam Bureau, and the manager of Culture, Jackie Chapman Davis for a quick kickoff of what is being called the wisdom pathway."



[Continue reading...](#)

Breaking the Silence: Why Men Need to Talk About Their Mental Health

This video features Henry Nelson Case from TEDxAUBG

"NOTE FROM TED: This talk contains a discussion of suicidal ideation. ...

In his talk, Henry shares his personal journey with mental health struggles as a young lawyer and how toxic masculine stereotypes played a role in his experience. He discusses the societal expectations and gender norms that make it difficult for men to seek support when struggling with mental health issues and the harmful coping mechanisms that men often turn to. Henry also highlights the significant consequences of this stigma and lack of support, including male suicide, and offers practical solutions to promote men's mental health."



Is the content of this email relevant to you? Feedback can be sent to info@dcontario.org.

Yes, absolutely

Yes, somewhat

Yes, a little bit

No, not at all

Updates from the Government of Ontario



Ontario Investing in More Accessible Communities

"The Ontario government is investing up to \$1.5 million in the EnAbling Change Program this year to support not-for-profits, municipalities, and other organizations across the province that are developing and implementing innovative initiatives to make Ontario accessible to people of all abilities.

"By working together with businesses, organizations and communities, we can build a stronger and more accessible Ontario," said Raymond Cho, Minister for Seniors and Accessibility. "The EnAbling Change Program allows organizations to develop tailored supports to ensure Ontario is open and inclusive to everyone."

[Continue reading...](#)

Ontario Strengthening Cyber Security and Protecting People Online

"Today [May 13th], the Ontario government is introducing legislation that, if passed, would provide new tools to prevent and respond to cyber security threats and safeguard critical public services, such as health care and education. By enhancing cyber resilience, the government is ensuring these essential sectors remain secure and operational, protecting the safety and privacy of all Ontarians while providing them with more connected and convenient services across government.

The Strengthening Cyber Security and Building Trust in the Public Sector Act, 2024 would also strengthen safeguards for children's personal information and lay the foundation for the ethical use of artificial intelligence in the public sector."

[Learn more...](#)

Ontario Combating Gender-based Violence in Youth

"The Ontario government is investing nearly \$875,000 to train high school coaches on prioritizing important conversations with young male athletes about youth dating- and gender-based violence, consent and healthy relationships, and building cultures free from violence. This will help support safer schools as Ontario implements restrictions on cellphones, removal of social media from school devices, and the banning of vaping.

Through this funding, Interval House of Hamilton will certify up to 23 violence against women (VAW) agencies across the province in the Coaching Boys into Men program.

In turn, these agencies will work with local school boards to train up to 400 coaches/teachers to engage with students aged 12 and up through sports on healthy relationships, mental health practices and gender-based violence. The program will benefit students in approximately 200 high schools in Ontario."

[Continue reading...](#)

Ontario Connecting Seniors to Specialized Care and Support

"The Ontario government is investing more than \$4.1 million over two years to expand GeriMedRisk, a program that makes it easier and faster for seniors living with complex medical needs to access coordinated care, in their community.

"Our government is continuing to take action to ensure people of all ages can access the right care, in the right place," said Sylvia Jones, Deputy Premier and Minister of Health. "Our investment to expand GeriMedRisk will help Ontario's seniors connect to the care they need, in their community, allowing them to stay at home longer with help to better manage their health and avoid unnecessary trips to the emergency room."

[Read more...](#)

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

"The Ontario government is investing an additional \$12.5 million to connect Black children, youth and their families, as well as 2SLGBTQIA+ youth to mental health services across the province, closer to home.

This funding 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 and will provide community-based child and youth mental health providers with the resources, staff and training to expand and improve access to services for Black and 2SLGBTQIA+ youth."

[Read more...](#)

News from and for our Member Centres

Our next **SOV Webinar** will be held **Wednesday June 19th at 12:00 - 1:00PM EST and 7:00 - 8:00PM EST**.

This month we will be exploring the topic of Men's Mental Health with a focus on Indigenous Men's Mental Health. Speakers include representatives from the [We Matter Campaign](#), [Anishnabeg Outreach](#), and more. Registration information will be sent to Member leadership directly.



Save the date: our **Annual General Meeting** has been scheduled for **Thursday June 27th at 7:00PM EST**. Join us and our Board of Directors for an hour long celebration of Distress and Crisis Ontario and the year's achievements. We will share our Annual Report, including the 2023-2024 audit, and reconcile updates to the organization's by-laws under ONCA.

The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight the "[Grief and grief support needs in Canada](#)" research project.



"Researchers from the University of Waterloo and other universities in Canada and Australia are conducting a survey to advance public health understandings of grief and grief support. The Public Health Model of Bereavement Support was developed in Australia; your participation will allow us to understand its fit for the Canadian context and lay the foundation for future research.

We would like to know about the person or people who have died, about your own grief and the support that you did or did not receive. The results of this survey will allow us to better understand grief so that we can help design grief education and supports in the future.

To participate, you must be 18 or older, a resident of Canada, and be grieving the death of one (or more than one) person in the last 5 years (60 months). Participation is voluntary and anonymous. Findings published anywhere will include only summarized results, ensuring that no individual can be identified."

[Learn more...](#)

In other news...

Things to do for Father's Day

"Father's Day in Ontario is on June 16, 2024. Ontario Dads are pretty special. They do an amazing job at teaching their children not only all the fun things to do in Ontario, but how to enjoy them like a kid. Ontario offers all kinds of activities that fathers love and love to teach their kids.



Spending time with Dad on father's day weekend is always quality time. Spending the day with your father and doing something dad loves is a wonderful way to show your appreciation for everything he does. Summer-like weather means there are plenty of things to do in Ontario on Father's Day. "

[Learn more...](#)

15 great things to do with kids in Ontario

"There's no shortage of great things to do with kids in Ontario, from toddlers to teenagers and thrill-seekers to deep thinkers.

Most of these attractions are great for a family day trip but could also round out a multi-day family getaway this summer with accommodations, restaurants and diverse experiences.

Here are some ideas to get your summer plans started. "

[Continue reading...](#)



DCO Updates

Learning Forum Updates

Important updates and refreshes continue with our Learning Forum content. Updated Learning Forum walkthroughs have been provided to all Member centres to access the Learning Forum section of our new website. We have many new and updated modules uploaded to our website with more being developed now.



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 June 19th and explore Men's Mental Health with a focus on Indigenous Men's Mental Health.



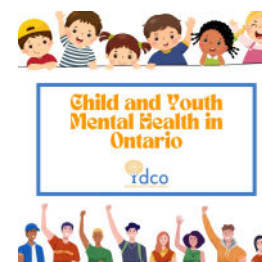
Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at 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.



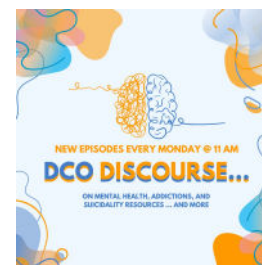
Blog

Our latest blog post explored the topic of children and youth mental health in Ontario, specifically exploring various intersectionalities of mental health that impact children and youth in Ontario. You can read our May blog post, "Child and Youth Mental Health in Ontario" [here](#). In case you missed it, our new blogs will be 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 May the podcast explored topics like motherhood, children's mental health in the theatre, intersectionalities of mental health, 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.





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

Annual General Meeting

- June 27, 2024 at 7:00PM EST

Board of Directors Meetings

- June 27, 2024 at 8:00PM EST
- 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:

- June 19, 2024 at 12:00PM and 7:00PM EST - On Indigenous Men's Mental Health
- July 17, 2024 at 12:00PM and 7:00PM EST - On the Seven Pillars of Self-Care



Distress And Crisis Ontario

PO Box 40115
RPO Waterloo Square
Waterloo, ON
N2J 4V1
info@dcontario.org
www.dcontario.org

Contact Us



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

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



Try email marketing for free today!