



November 2024 Newsletter

Thank you for your patience as this newsletter has gone out later than usual. Unfortunately, this cold and flu season has not been kind to our small (yet mighty) team and we appreciate the understanding.

"Realize that you are not alone, that we are in this together, and most importantly, that there is hope." — Deepika Padukone

November Holidays and Observances

Happy November! While the days grow shorter and nights grow longer we hope this newsletter finds you well. In our Northern homes, we know well how important it is to take extra care of ourselves in these colder, darker months.

The whole month is used to participate in [Movember](#) as well as being [National Domestic Violence Awareness Month](#), [Diabetes Awareness Month](#), and more. Other days of awareness include [National Grief and Bereavement Day](#) on the November 19th, [National Addictions Awareness Week](#) from the 24th to 30th, [International Day for the Elimination of Violence against Women](#) on the 25th, and the 25th also marks the beginning of [16 Days of Activism Against Gender-based Violence](#).

This newsletter has been released following [Remembrance Day](#), but we would like to extend our thanks to our Veterans and those who have dedicated their lives in service to our country.

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



Coping with Loss and Grief

"There is no shortage of news on death and deep loss. Everyday there are headlines that resonate with us.

There are many forms of grief but while grief is usually associated with death, it can come with any type of loss. The more unexpected it is, the more fear it creates as we feel increasingly powerless and helpless.

The grief associated with the loss of a loved one tends to be the most intense grief we experience. But it is also helpful to



know that grief can occur with any loss we go through in our life, including relationship breakup; losing our health or career or finances; death of our pet; having a family member suffering from a serious illness; losing an asset of a sentimental value, such as family home.

Grief is a normal and natural response to loss, and all the above losses can create a lot of pain and suffering."

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The Facts about Gender-Based Violence

"What is gender-based violence?

It is the types of abuse that women, girls, and Two Spirit, trans and non-binary people are at highest risk of experiencing. It can take physical and emotional forms, such as: name-calling, hitting, pushing, blocking, stalking/criminal harassment, rape, sexual assault, control, and manipulation. Many forms of this abuse are against the law."



[Read more](#) of the facts about Gender Based Violence in Canada on the Canadian Women's Foundation's website.

When Silence is a Form of Betrayal

"For many of us, when we think of the word "betrayal," we think of a specific behaviour that someone has done that has harmed us in a particular way. They may have violated our sense of trust in them, they may have deceived us, they may have humiliated or shamed us, or they may have physically harmed us.



We think of it as an action that has been directed towards us. However, there is another form of betrayal that happens when someone's behaviour is one of inaction. Of silence. The person is aware that something inappropriate or harmful has happened and they decide to remain silent."

We originally shared this article in August 2023, you can [read more here](#).

My History With Suicide Made Me a Better Therapist

"I opened my eyes and saw a tangle of bushes and undergrowth. Dim light seeping through trees told me it must be morning. I had no idea where I was or how I'd got there, but as I attempted to get up from the mossy bank under which I'd been lying, I immediately pitched forward onto my face.



I tried again, but couldn't even maintain my balance on my hands and knees.

I reached out for a low tree branch for support and tried again to get up. This time I pitched forward into a bramble bush, badly scratching one eyelid and ripping a ten-inch gash in my coat in a desperate attempt to pull myself free."

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Gambling Availability and Advertising in Canada: A Call

to Action

"Since 2021, federal, provincial and territorial policy changes have resulted in Canadians being offered increased opportunities to legally gamble. People have been provided more opportunities to bet on sports and gamble online, 24 hours a day, seven days a week. Accompanying these new opportunities, Canadians have witnessed a significant increase in gambling advertising. The increase has been most notable for sports betting during commercial breaks in live sports, including promotions during the broadcast itself. More promotion of gambling has also been seen in sports venues and on team uniforms.

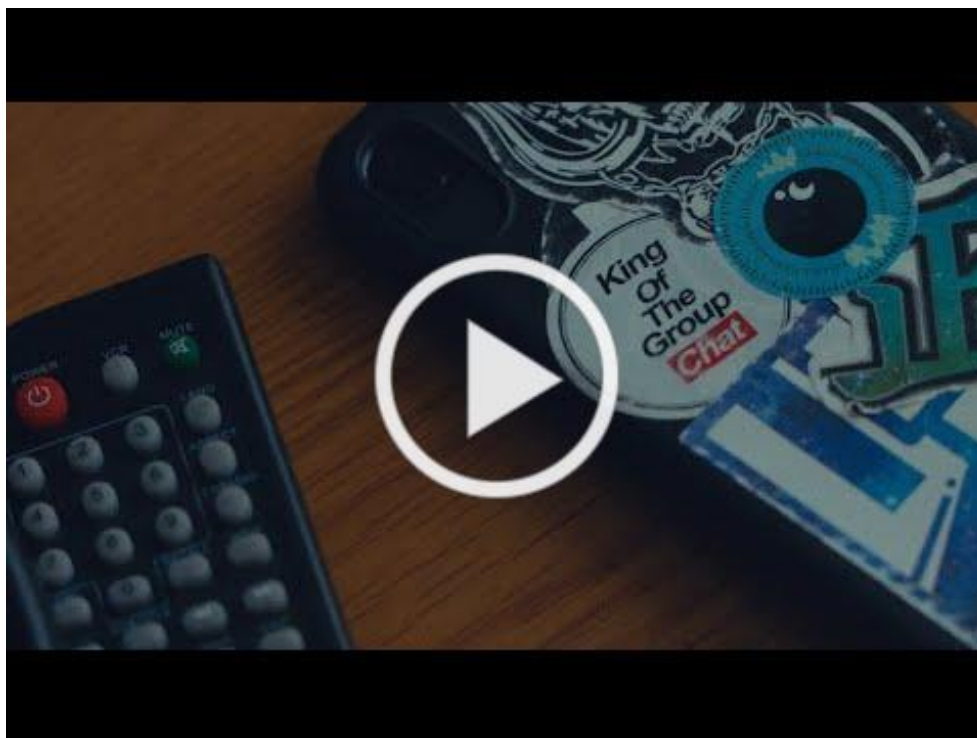


Increased opportunities to legally gamble and increased gambling advertising are likely to result in short- and long-term gambling-related harms among Canadians, especially youth, young adults and other vulnerable populations. However, the notable lack of national or provincial/territorial monitoring and surveillance of gambling-related harms means that the impact of these large changes in gambling policy on the health of Canadians will be largely unknown."

[Read more...](#)

Movember: Spot the Signs

"If you spot a friend whose behaviour is out of character, that's your sign to reach out and connect. You might just save a life."



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

I work and/or volunteer for a DCO Member organization (or are DCO staff - past or present).

I work and/or volunteer for a non-DCO mental health organization.

I work for the Ministry of Ontario in some capacity.

I am a community member interested in mental health.

Updates from the Government of Ontario



Free Flu Shot and New COVID-19 Vaccines Now Available Across Ontario

"Ontarians can receive their free flu shot and the new, updated COVID-19 vaccine at local pharmacies, public health units and primary care providers across the province. Staying up to date on vaccinations continues to be the best way for people to stay safe and healthy this respiratory illness season and avoid unnecessary visits to the hospital.

"Our government is taking steps to ensure Ontarians of all ages have the tools they need to keep themselves and their loved ones safe and healthy," said Sylvia Jones, Deputy Premier and Minister of Health. "By expanding the number of children eligible under the RSV program and ensuring people have access to convenient, publicly funded flu and COVID-19 vaccines, our government is making it easier for families to access care and protection this respiratory illness season."

[Continue reading...](#)

Ontario Extending Gas and Fuel Tax Cuts to Keep Costs Down for Drivers

"As part of the upcoming 2024 Ontario Economic Outlook and Fiscal Review, the Ontario government is keeping costs down for drivers and businesses by introducing legislation that would, if passed, extend the temporary rate cuts on the gasoline and fuel taxes for the fourth time, until June 30, 2025. These extended cuts would ensure the rates remain at 9 cents per litre through to June 30, 2025, saving Ontario households \$380 on average over the three years since the cuts were first introduced.

"Too many Ontario families are struggling as a result of the federal carbon tax and high interest rates, which is why we're always working to help taxpayers keep more of their hard-earned money," said Premier Doug Ford. "Our government's gas and fuel tax cuts are just one way that we're getting this done, in addition to scrapping the license sticker fee, banning new road tolls on provincial highways, cancelling the previous government's cap-and-trade program and continuing to stand up for Ontario taxpayers by fighting the federal carbon tax."

[Read more...](#)

Ontario Expanding Learn and Stay Grant to Train More Family Doctors in Ontario

"To help close the remaining 10 per cent gap of people who do not have access to a regular health-care provider, the Ontario government is breaking down barriers for Ontario students to become family doctors by expanding the Learn and Stay grant to include family medicine. The province is also requiring medical schools to prioritize seats for Ontario residents, helping ensure more doctors who study in Ontario treat

Ontario patients rather than leaving the province after their studies.

"Today's announcement is the latest step in our plan to connect every person in Ontario, no matter where they live, to primary care," said Premier Doug Ford. "We're training more family doctors than ever before, helping them live, learn and stay in Ontario, and we're helping Ontario students support and remain in our province by prioritizing them for medical school seats in Ontario schools."

[Continue reading...](#)

Ontario Helping More People Start and Grow Their Families

"The Ontario government is investing \$150 million over two years to expand the Ontario Fertility Program to cut waitlists and triple the number of families connecting to government-funded fertility services in hospital and community clinic settings. This includes giving patients more options where they can access publicly funded fertility services by expanding the program to more clinics. The province is also proposing to introduce a new tax credit, effective January 2025, to further reduce the financial burden faced by people seeking fertility treatment.

"There's no role more special or important than being a parent," said Sylvia Jones, Deputy Premier and Minister of Health. "I'm thrilled that our government is helping more people start and grow their families by expanding the Ontario Fertility Program and introducing a new tax credit to help with the sometimes overwhelming expenses of fertility treatments. Everyone in Ontario, no matter their economic means, deserves the special chance at parenthood."

[Read more...](#)

News from and for our Member Centres

We would like to extend a warm welcome to our newest Member - **Telecare Distress Line of Greater Simcoe**.

"Worried? Overwhelmed? Lonely? Isolated? Or just need someone to talk to? You don't have to be in a crisis to call. Telecare Distress Line is a free 24 hour, 7 days a week, anonymous, and confidential distress line serving Simcoe County and area. Specially trained volunteers listen without judgment while acknowledging and supporting the caller. If necessary, community referrals are offered for extra support."



[Learn more...](#)

The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight the [Canadian Centre for Men and Families \(CCMF\)](#).

"Healthy men, healthy families, healthy communities. A hub for the health and well-being of men, boys, fathers, and families. "

[Learn more...](#)



DCO Updates

Learning Forum Updates

Important updates and refreshes continue on our Learning Forum platform, including new modules on the way that explore men's mental health, navigating change, 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)

SOV webinars for Member staff and volunteers continue to be held each month online. 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. We are currently seeking feedback from our Member centres on how we can improve these monthly webinars.



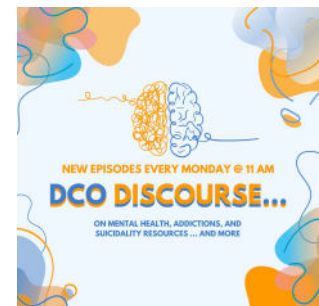
Website

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



Podcast

Our podcast, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. In October topics included fostering leadership in younger generations, building resilience, learning from Crow Shield Lodge, 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

Board of Directors Meetings

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

SOV Webinars

Information on upcoming members-only Spirit of Volunteerism webinars for staff and volunteer responders will be sent to Member leadership directly.



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