



# THE CONNECTION

VOLUME 3, ISSUE 2  
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SPRING 2010

## 24 HOUR HELPLINES:

(905) 430 - 2522  
1 - 800 - 452 - 0688

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*Providing  
Emotional Support  
to Durham Region  
for 40 Years!*

## 100 for 100 Challenge

April 2010

### Attention: Community Partners

We can all make a difference, every day in so many ways to help improve the quality of life for others. At Distress Centre Durham – our specially trained volunteers have been offering emotional support, crisis de – escalation and suicide intervention over our 24 hour telephone helpline since 1970.

At no other time in DCD history have we seen such complex and varied issues being discussed on our lines. In 2006 we took 4800 calls on our lines, in 2009 we took an all time high 7800 calls on our 24 hour helpline. Of those calls – in 2008, 435 callers discussed thoughts and issues related to suicide. In 2009 that number jumped to 950 callers who discussed issues and thoughts related to suicide.

Our community is struggling and we are doing our best to continue to meet the growing demand for our services, but just as the economy has impacted for profit businesses – it has impacted significantly not for profit agencies that depend on donated dollars to operate. Cuts from our community funders and the drop in donations is putting our ability to offer support to those most in need, at risk.

### We are asking for your help . . .

We recognize that you and your business may also have been impacted by the economic downturn . . .

**In order to meet our goal of \$10,000**

## We are asking 100 businesses to donate \$100.00...

**Will you help us ensure those in need have their calls answered?**

### Thank You to the following Community Partners who have risen to the challenge, SO FAR!

1. Quantrill Chevrolet Buick GMC Cadillac
2. Aleksander Bolotenko: Barrister and Solicitor
3. SSQ Life Insurance Company
4. H. R. Roughley Insurance Brokers
5. Durham College UIOT
6. Happy Inside Tutoring—Marie Nelson
7. Justin Barry Optical

### Contact Us Today and Join our Challenge!

**victoria@distresscentredurham.com (905) 430 - 3511 Ext. 33**

Thank You to our Supporters!

## YUK YUK'S NIGHT - A GREAT SUCCESS!



On Thursday April 1, 2010, the Ladies of Harley Owners Group - Durham Chapter hosted a fundraising evening at Yuk Yuk's in Ajax benefitting Distress Centre Durham. Over 120 people attended and enjoyed great comedians, took part in a raffle and 50 / 50 draw.

The total funds raised for the night was just over \$1400.00! We would like to once again formally thank Gina Tottle and her group for their continued support. We are already looking forward to next year!



## OSHAWA LITTLE THEATRE: *GREASE* PRODUCTION BENEFITS DISTRESS CENTRE DURHAM!

On Thursday April 8, 2010 Oshawa Little Theatre presented its production of GREASE! to a nearly sold out crowd. The evening was full of fun, great music and wonderful performances by local actors and actresses.

We cannot thank Oshawa Little Theatre enough for selecting Distress Centre Durham as the beneficiary of the evening. A percentage of the proceeds raised through ticket sales that night was donated to Distress Centre Durham. The evening raised approx. \$3000.00 for DCD.

We hope to make this event an annual one! The staff, Board and volunteers who attended on behalf of Distress Centre Durham had a great evening! Thank you for your support!



## UPCOMING CALENDAR OF EVENTS

### April 2010

Oshawa Little Theatre Fundraiser  
"Grease"  
Thurs. April 8, 2010

Volunteer Appreciation Week  
April 18—24, 2010

### May 2010

Martini & Manicure Fundraiser  
Tues. May 11, 2010

Basic Training for Helpline Volunteers  
Sun. May 30 & Sun. June 6

### July 2010

Basic Training for Helpline Volunteers  
Mon. July 19 & Wed. July 21

### September 2010

6th Annual Walk for Suicide Awareness  
Saturday September 11, 2010

Basic Training for Helpline Volunteers  
Sun. Sept. 19 & Sun. Sept. 26

## JOIN OUR TEAM OF HELPLINE VOLUNTEERS!

The format for the Distress Centre Durham Basic Training for Helpline Volunteers - is 2 back to back Sundays from 8:30 am to 5:30 pm with the third Sunday from 9:00 am to 12:00 pm set aside for Orientation. This helps us accommodate those volunteers who may be working full time outside the home or those college or university students who are only available on weekends.

In May / June 2010, Distress Centre Durham will once again be recruiting volunteers for its 24 hour telephone helpline and holding the basic training:

**DATES:** Session 1 (Sunday May 30, 2010) Session 2 (Sunday June 6, 2010)  
Orientation (Sunday June 13, 2010)

**TIMES:** Sessions 1 & 2 from 8:30 am to 5:30 pm Orientation from 9:00 am to 12:00 pm

**LOCATION:** To Be Announced



The process to become a helpline volunteer begins with visiting our website ([www.distresscentredurham.com](http://www.distresscentredurham.com)) and following the link to volunteer. There you can fill out and submit an online application package. Once we receive your completed application, we schedule a telephone interview followed by a face to face registration meeting to pick up your training manual. The next step is our mandatory 2-part training workshop. Training focuses on the following areas:

*active listening      danger / crisis risk assessment      setting and maintaining boundaries  
crisis and suicide intervention and prevention techniques      grief and loss*

“Our volunteer commitment is flexible, from one shift a month to four shifts a month and volunteers have the opportunity to sign up for their shifts based on their unique schedule.” explains Tedford

If you are interested in developing your communication skills through a volunteer experience that is **challenging, fulfilling, and unlike any other** or you have volunteered before and want to rejoin the volunteer team visit the website at [www.distresscentredurham.com](http://www.distresscentredurham.com) and apply online!

### Traumatic Loss Support Groups

Bereavement support can be an integral part of healthy grief recovery and for those individuals grieving a traumatic loss (*loss by suicide or homicide*) - there are aspects of their grief process that can lead to intense feelings of isolation, and as if no one understands who hasn't experienced a similar loss.

This type of grief is often referred to as complicated grief as there are aspects that can accompany these types of losses such as Post Traumatic Stress Disorder, that are usually not associated with other types of death.

**Suicide Survivor Support Group:**  
*for individuals grieving the loss of someone to suicide*

\*Wednesdays from 7:00pm to 8:30pm beginning April 21, 2010 at the Distress Centre Durham Resource Centre - 306 Brock St. N. Whitby. \*Please note this group is full—next group runs in September 2010. Contact [karen@distresscentredurham.com](mailto:karen@distresscentredurham.com) for more info.

# MARTINI & MANICURE FUNDRAISER



## MARTINI & MANICURE EVENT!

TUES. MAY 11, 2010 6:00 - 9:00PM

Class Act Dinner Theatre  
104 Consumers Drive Whitby

### GIRLS NIGHT OUT . . . For a worthy cause! *(must be 19 or older to attend)*

*Mothers, daughters, sisters and friends come together  
for an evening of pampering in support  
of Distress Centre Durham!*

#### YOUR TICKET INCLUDES:

- A flavoured martini & appetizer buffet!
- A manicure *(filing & nail polish application)*
- A fashion show by FEVER resort & cruise wear
- Gift Bag, door prizes & more!

**Date:** Tuesday May 11, 2010

**Time:** 6:00pm to 9:00pm

**Location:** Class Act Dinner Theatre  
104 Consumers Drive, Whitby

**Tickets:** \$50.00 ea or 4 for \$180.00  
Tickets must be purchased by May 7,  
2010 at Distress Centre Durham  
306 Brock St. N, Whitby or  
United Way Information Kiosk:  
Oshawa Centre

**For more information contact  
(905) 430 - 3511  
or visit**

**[www.distresscentredurham.com](http://www.distresscentredurham.com)**



Distress Centre Durham  
Resource Centre & Admin Office  
306 Brock St. N  
Whitby, ON L1N 4H7

Phone: 905 - 430 - 3511  
Fax: 905 - 430 - 1381  
E-mail: [dcd@distresscentredurham.com](mailto:dcd@distresscentredurham.com)

#### Sponsored By:

Art & TECHNIQUE  
Academy



Class  
act  
DINNER THEATRE

fever  
resort + cruise wear



Distress Centre Durham  
6th Annual 5Km  
**WALK FOR  
SUICIDE  
AWARENESS**



In recognition of:  
**World Suicide  
Prevention Day**

*HOW TO REGISTER:*

1. Contact [dcd@distresscentredurham.com](mailto:dcd@distresscentredurham.com) or **(905) 430-3511** and provide your name, address, phone number and email address
2. To download pledge forms visit [www.distresscentredurham.com](http://www.distresscentredurham.com) **OR** contact our Resource Centre Office at 306 Brock St. N. Whitby at (905) 430-3511

**DATE:** Sept. 11, 2010  
**TIME:** 10:00AM-12:30PM  
**LOCATION:**  
Heydenshore Park, Whitby  
Waterfront Trail

*Walk individually or create & name a team! Together, we can raise awareness about the impact of suicide and prevent future devastation and loss . . .*

\*To participate in the 2010 Walk for Suicide Awareness, registrants are requested to collect a min. of \$25.00 in pledges.

**WALK DETAILS:**

**AFTER THE WALK:**

**24 Hour Helpline**  
**1-800-452-0688**

**Distress Centre Durham Admin  
Office & Resource Centre**  
306 Brock St. N.  
Whitby, ON L1N 4H7

**For more info, call or visit:**  
[www.distresscentredurham.com](http://www.distresscentredurham.com)

**Check-in:** 10:00am  
**Walk Start:** 10:30am  
**Start/End Point:**  
Heydenshore Park 589 Water St.  
Whitby waterfront  
**Route:**  
Along Waterfront Trail 2.5 Km to  
Thickson Rd. turn around—2.5  
Km back to Heydenshore Park

*\*Walk proceeds rain or shine!*



**Participants are invited to:**  
Enjoy the free BBQ lunch courtesy of **Maple Leaf Consumer Foods of Port Perry & Tom's No Frills in Ajax** and participate in the **Remembrance Ceremony** which includes messages of hope & love.

*\*All survivors are invited to bring and post a picture of their loved one to post on our memory board!*



**You Help Make It Possible . . . Thank You To Our  
Corporate Supporters, Event Sponsors  
&  
Community Funders 2010**

**Distress Centre Durham  
Resource Centre & Admin Office**

**306 Brock St. N.  
Whitby, ON L1N 4H7**

**24 Hour Helplines:**

**Local: (905) 430 - 2522  
Durham Region: 1 800 452 - 0688**

***We're here for you to talk about any  
issue, feeling or problem that impacts  
on your sense of well being.***

**United Way of Ajax Pickering Uxbridge  
United Way of Oshawa Whitby Clarington Brock & Scugog  
United Way of Greater Toronto**

Royal Le Page Frank  
Whitby Lioness Club  
Pickering Village United Church  
Rotary Club of Whitby Sunrise  
I Want That!  
OPG  
Community Lifecare Inc.  
Desjardins Credit Union  
Mac Cosmetics  
Hydro One  
Tim Hortons (Maple Street)  
Tom's No Frills (Ajax)  
The Andrew Foundation  
Maple Leaf Consumer Foods  
Mount Dennis Medical Group  
Jack Astors  
Goodlife Fitness  
Colio Estates Winery

Investors Group  
Loyal Order of Moose  
Baagwating Community Association  
Durham Eastenders British Car Club  
HRSDC  
IBM  
Dietrich Professional Corporation  
Fairmont Royal York Hotel  
Swiss Chalet  
Class Act Dinner Theatre  
Art & Technique Esthetics program  
Singer / Songwriter Deidrey Francois  
On The Rocks Bar (Whitby)  
Stan's Rentals  
Whiskey Johns  
Applebees  
Simcoe Street United Church

**Board of Directors**

**Staff Contact Info**

**Charles Ryan**  
President

**Victoria Kehoe**  
Executive Director

**Edward Broderick**  
Vice - President

**(905) 430 - 3511 Ext. 33**  
[victoria@distresscentredurham.com](mailto:victoria@distresscentredurham.com)

**Sue Duchesnay**  
Past President

**Karen Goddard**  
Director of  
Program Support

**John Bailey**  
Treasurer

**Jim Deatcher**  
Member

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**Judy Bodner**  
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Community Resources

**Tom Morris**  
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**(905) 430 - 3511 Ext. 32**  
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**Nicole Cabral**  
Member

**Delores Peters**  
Bookkeeper

**Registered Charity  
# 10807RR0001**

**(905) 430 - 3511 Ext. 22**  
[delores@distresscentredurham.com](mailto:delores@distresscentredurham.com)

# Donor Information

Distress Centre Durham operates solely on donated dollars. Those funds come from the United Ways of Durham Region and businesses groups and individuals just like you!

**You can Give by:**

- Visiting our website [www.distresscentredurham.com](http://www.distresscentredurham.com) and donating through Paypal
- Visiting [www.canadahelps.org](http://www.canadahelps.org) and donating to DCD
- Making a commemorative donation in honour of someone special
- Hosting a fundraising event and donating the proceeds to DCD

- Invite a guest speaker from DCD to discuss our programs and services or present a workshop on a specific topic such as: *active listening*, *suicide risk assessment*, *suicide grief*
- Making a one time contribution to United Way or through payroll deductions and designate those funds to a specific agency, like Distress Centre Durham



Contact: Victoria Kehoe at  
(905) 430 - 3511 Ext. 33  
For more information on how you can help!

