

**24 HOUR
HELPLINES:**

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

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*Providing
Emotional Support
to Durham Region
for 39 Years!*



RIBBON CUTTING CEREMONY: DAY OF CELEBRATION!



On October 20, 2009, the staff, Board, many volunteers and community partners joined together to officially open the Distress Centre Durham Resource Centre to 306 Brock St. N. in Whitby. We would like to extend our thanks to the distinguished guests from the offices of:

**The Honourable Jim Flaherty MP
The United Way of Ajax / Pickering / Uxbridge
Durham Mental Health Services**

**Whitby Mayor, Pat Perkins
Whitby Chamber of Commerce
The Y's Wish shelter**

In June, 2009, Distress Centre Durham officially moved its Resource Centre and Administration offices to Whitby and since, have received such a warm welcome from the Whitby community. Entering into our 40th year of service as of October 2009, we are so fortunate to be in such a visible location as Brock St. in Whitby. We are looking forward to participating in such community events as the Whitby Santa Claus Parade and Whitby Heritage Days.



Helping to Cut the Ribbon!

Board members, staff, and representatives from the office of Mayor Pat Perkins and The Honourable Jim Flaherty MP and the Whitby Chamber of Commerce



Thank you to all our honoured guests for joining us to celebrate the grand opening of our newly relocated Resource Centre.



Distress Centre Durham Board of Directors
Front Row from Left:
Jim Deatcher, Sue Duchesnay, John Bailey,
Edward Broderick Back Row from Left: Sandra
Allen, Tom Morris, Charles Ryan



Distress Centre Durham Staff
From Left:
Jennifer Tedford, Delores Peters, Victoria
Kehoe, Karen Goddard

Thank You to our Volunteers!

DISTRESS CENTRE DURHAM: COMMUNITY SPIRIT!

On Saturday December 5, 2009 the Whitby Santa Claus parade travelled through downtown Whitby passing directly in front of our Resource Centre on Brock Street. Since relocating to Whitby this past June, Distress Centre Durham has been eagerly awaiting the opportunity to participate in a community based event such as the parade! We want to thank our volunteers for wearing festive Christmas costumes and carrying the banner advertising our 24 hour helpline number.

We thank the helpline volunteers who were there 24 hours a day throughout the holiday season ensuring all those people, who despite all hope, found themselves feeling alone or in need of support .

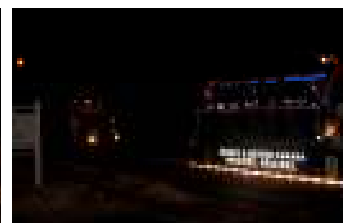


OLYMPIC SPIRIT: TORCH PASSES BY DISTRESS CENTRE DURHAM!

The 2010 Olympic Torch travelled through Whitby in the early morning hours of December 17, 2009. Once again, the event was passing right out by our front door, and we wanted to capture the images of this historic torch relay.

Before the torch made it to Whitby, it passed through Bowmanville and volunteer Ian Perry, was one of the torch bearers from Bowmanville . . . His torch relay is the first picture below! Congratulations Ian!

Board Chair: Charles Ryan, Executive Director: Victoria Kehoe and volunteer: Cheryl Ryan braved the early morning hour and bitter cold to photograph the torch as it passed. Thank you Charles for capturing these images! And for those doubters—there is a photo of me at 6:00am, but I didn't include it!



2010 DISTRESS CENTRE DURHAM CALENDAR OF EVENTS

January 2010

Basic Training for Helpline Volunteers
Sun. Jan. 17 & Sun. Jan. 24

February 2010

Class Act Dinner Theatre Fundraiser
"The Mating Season"
Thurs. Feb. 18, 2010

March 2010

Basic Training for Helpline Volunteers
Mon. March 22 & Wed. March 24

Annual General Meeting

&
Volunteer Awards
Saturday March 27, 2010

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

*For more info on our upcoming events, visit www.distresscentredurham.com

JOIN US FOR AN ACCELERATED VERSION OF OUR BASIC TRAINING FOR HELPLINE VOLUNTEERS!

The usual 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 March 2010, Distress Centre Durham will once again be offering an accelerated version of this same training program, taking place during the week.

DATES: Session 1 (Monday March 22, 2010) Session 2 (Wednesday March 24, 2010)
Orientation (Friday March 26, 2010)

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

LOCATION: GM Headquarters—Colonel Sam Drive, Oshawa

The process to become a helpline volunteer begins with visiting our website (www.distresscentresurham.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 and apply online!



CLASS ACT DINNER THEATRE FUNDRAISER

By:
Sam Cree

"The Mating Season"

Dinner & Theatre Night

**Class
act**
DINNER THEATRE

Presents:

Directed by Glen Ottaway and featuring Jim Neilly, Jim Renshaw and Barb Clifford.

A comedy in which widower Sid Gillespie, seeking to marry Stella Morley, attempts to clear the way by match making his two sons, and setting up his housekeeper Mrs. Jamieson and his Old Uncle Fred.

As usual, in a Sam Cree play, things rarely turn out the way they should with twists and turns at every corner, not to mention simple problems which go from molehills to mountains in a split second.

This play marks the 22nd time the two Jims (Neilly and Renshaw) have performed in a play. It is sure to be hilarious!



In Support Of:

**DISTRESS
CENTRE
DURHAM**

"helping those in distress to cope..."

Date: Thurs. Feb. 18, 2010

Time: Doors Open 6: 00 pm

Class Act Dinner Theatre
104 Consumers Drive, Whitby

Contact: (905) 430-3511

Ticket Price: \$65.00 ea

To purchase Tickets for this performance benefiting Distress Centre Durham's crisis/suicide services:

Contact
(905) 430 - 3511 OR visit our Resource Centre at:
306 Brock St. N., Whitby

ONLY TICKETS PURCHASED AT DISTRESS CENTRE DURHAM RESOURCE CENTRE COUNT TOWARD FUNDRAISER!

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.

Homicide Survivor Support Group:

for individuals grieving the loss of someone to homicide

Thursdays from 7:00pm to 8:30pm beginning January 14, 2010 at the Distress Centre Durham Resource Centre - 306 Brock St. N. Whitby.

The Homicide Survivor Support Group is a 10 week group that focuses each week on the following topics:



- ✦ Sharing our stories
- ✦ Guilt
- ✦ Violence against perpetrators
- ✦ Wrapping up and saying goodbye
- ✦ Impact of loss
- ✦ Anger
- ✦ The Justice System
- ✦ Grief & depression
- ✦ Intrusive images
- ✦ Victim impact statements

The Homicide Survivor Support Group will be offered again in September 2010.
Contact Victoria Kehoe for more info: victoria@distresscentredurham.com

Suicide Survivor Support Group:

for individuals grieving the loss of someone to suicide

Wednesdays from 7:00pm to 8:30pm beginning January 20, 2010 at the Distress Centre Durham Resource Centre - 306 Brock St. N. Whitby.

The Suicide Survivor Support Group is an 8 week group that focuses each week on the following topics:

- ✦ Sharing our stories
- ✦ Anger
- ✦ Interpersonal relationships
- ✦ Grief & depression
- ✦ Impact of loss / change
- ✦ Wrap up / personal growth & future
- ✦ Guilt & regret
- ✦ Building Supports

The Suicide Survivor Support Group will be offered again in April & September / 10.
Contact Karen Goddard for more info: karen@distresscentredurham.com



"helping those in distress to cope..."

You Help Make It Possible . . . Thank You To Our Corporate Supporters, Event Sponsors & Community Funders 2009

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
Been There Dump That

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
Trillium College Aesthetics program
Singer / Songwriter Deidrey Francois
On The Rocks Bar (Whitby)
Stan's Rentals
Whiskey Johns
Applebees
Simcoe Street United Church
Two Men and a Truck

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

Sue Duchesnay
Past President

Karen Goddard
Director of Program Support

Nicole Cabral
Treasurer

(905) 430 - 3511 Ext. 34
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Jim Deatcher
Member

Jennifer Tedford
Director of Community Resources

Judy Bodner
Member

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

Sandra Allen
Member

John Bailey
Member

Delores Peters
Bookkeeper

Registered Charity # 10807RR0001

(905) 430 - 3511 Ext. 22
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 and donating through Paypal
Visiting 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!

