

**24 HOUR
HELPLINES:**

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

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

● ● ● ANNOUNCEMENT! ● ● ●

Distress Centre Durham, along with several partner agencies; Community Development Council Durham, PFLAG Canada—Durham Branch, LGBTQ Durham Communities Involved Committee, is thrilled to announce that funding has been received from the Ontario Trillium Foundation in support of a 3 year project to provide a culturally sensitive crisis prevention and response service for individuals who are lesbian, gay, bisexual, transgendered and questioning (LGBTQ) in Durham Region.

This project will see the development of:

- ✦ An LGBTQ specific helpline
- ✦ A guide to local resources that either meet the specific needs of the local LGBTQ community, or that are determined to be LGBTQ friendly, thus supporting improved inclusion
- ✦ The creation of safe spaces for dialogue on the issues and concerns facing the local LGBTQ community in Durham and engagement of the local voluntary sector in discourse designed to improve their ability to meet and address the unique needs and concerns of the local LGBTQ community

We look forward to working with our partners toward the successful implementation of this project, and thank the Ontario Trillium Foundation for their support!

WE NEED YOUR HELP!

100 for 100 Challenge

Launched in March 2010 the 100 for 100 challenge is an initiative to raise \$10,000.00 , \$100.00 at a time!

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 a drop in donations has put our ability to continue to offer support to those most in need, at risk.

We have asked for the help of our community leaders and business persons . . .

In order to meet our goal of \$10,000 by Dec. 31, 2010.

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

To 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 and helped us raise just over \$2,800.00!

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
8. Mike Ambler – Swish Maintenance Ltd.
9. Desjardins Credit Union – Whitby
10. Clinic Eyewear – Oshawa
11. CRCS Disaster Kleenup – Oshawa
12. CAW Family Auxiliary #27 – Oshawa
13. The Kinsmen Club of Pickering
14. Wilmot Creek Auxiliary – Bowmanville
15. Minet Lacing Technology Canada (MLT) Ltd. – Whitby
16. Award Marketing Inc. – Whitby
17. Rotary Club of Whitby Sunrise – Whitby
18. Durham Jeep Chrysler – Oshawa
19. Edmond Vanhaverbeke – Newcastle
20. OPSEU Joint Trusteed Benefit Fund
21. Knights of Columbus St. Gregory's Council #2671
22. Blair Buchanan
23. CAW Local 222 – Retired Workers Chapter
24. Amanda Cabral
25. J. Peter Barrett
26. Reginald A. Barrett

Contact Us Today and us meet our Goal!

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

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 November 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 Nov. 21, 2010) Session 2 (Sunday Nov. 28, 2010)
Orientation (Sunday Dec. 5, 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.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!

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 Wed. Sept. 15, 2010 for 8 weeks
at the Distress Centre Durham Resource Centre - 306 Brock St. N. Whitby.**

Contact victoria@distresscentredurham.com for more info.

Charity BBQ



Time: 11:00am – 2:00pm
Date: Friday Sept. 10/10

**In recognition of World Suicide Prevention Day, Friday September 10, 2010
Distress Centre Durham is holding a Charity BBQ to raise funds
for our Suicide Support Services.**

Join us for Lunch! For \$4.00 you will receive:

- A hamburger or sausage
- Pop
- Bag of Chips

BBQ will be held at Distress Centre Durham, 306 Brock St. N. Whitby
Approx. 2 blocks north of downtown (Brock and Dundas)



For more info contact Victoria at 905 430-3511

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 or **(905) 430-3511** and provide your name, address, phone number and email address
2. To download pledge forms visit 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

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!*



2010 Walk for Suicide Awareness *PLEDGE FORM

Participant Name: _____
 Address: _____
 City: _____ Postal Code: _____
 Phone Number: _____

*Additional Pledge Forms can be downloaded from www.distresscentredurham.com

	NAME	PHONE #	ADDRESS	CITY & PROVINCE	POSTAL CODE	AMOUNT PLEDGED (\$)	PAID (Y/N)	TAX REC REQ'D
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

Cash or cheque made payable to:
Distress Centre Durham

I understand that the funds I raise will be used to support the mandate of DCD

I do not wish to receive future information regarding DCD Crisis / Suicide Programs, Services or events.

 Signature of Participant
(or Parent or Guardian if under 18 years of age)

Sheet Total

\$ _____

RELEASE, WAIVER, AND INDEMNITY

In consideration of the acceptance of my participation and the permission to participate as an entrant in the Walk for Suicide Awareness on Saturday September 11, 2010, and including the event that my photograph may be taken and used for promotional purposes, I hereby release, waive and forever discharge any and all associations, companies, organizations, volunteer groups, sponsors, suppliers or committees involved with the Walk for Suicide Awareness 2010, and their agencies or representatives from any and all claims, demands, damages, costs, expenses, actions and causes of action, however caused, arising from my participation in this Walk for Suicide Awareness 2010. By signing and submitting this entry form, I hereby acknowledge that I have read and understood these terms of the agreement, and I certify that I am of a physically fit condition to participate in this event.

Location: **On The Rocks**
227 Brock St. S.
Whitby, ON L1X 1T2

Wed. Aug. 25th 6pm—9pm

Farewell Party for Karen!



As many of you may know, Karen is leaving DCD in September to pursue other career paths, we will miss her and want to take this opportunity to say good bye!

Please join Jenn, myself and the Board of Directors as we bid farewell to Karen and wish her the best in her future endeavours!

Details:

appetizers and desert will be provided, all drinks and other food will be your responsibility.

Please RSVP to Victoria by Friday Aug. 20th 2010
victoria@distresscentredurham.com or 905 430—3511





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

United Way Durham Region

**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 Greater Toronto

- | | |
|-----------------------------------|------------------------------------|
| Royal Le Page Frank | Investors Group |
| Whitby Lioness Club | Loyal Order of Moose |
| Pickering Village United Church | Baagwating Community Association |
| Rotary Club of Whitby Sunrise | Durham Eastenders British Car Club |
| I Want That! | HRSDC |
| OPG | IBM |
| Dietrich Professional Corporation | Fairmont Royal York Hotel |
| Mac Cosmetics | Hydro One |
| Class Act Dinner Theatre | Tim Hortons (Maple Street) |
| Art & Technique Esthetics program | Tom's No Frills (Ajax) |
| The Andrew Foundation | On The Rocks Bar (Whitby) |
| Simcoe Street United Church | Bulk Barn—Taunton Rd. Whitby |
| Subway—Brooklin | Colio Estates Winery |
| Baskin Robbins—Brooklin | Pizzaville—Whitby |
| Panago—Whitby | Metro—Thickson Rd. Whitby |
| Edible Arrangements—Whitby | Van Belle Flowers—Whitby |
| Toppers Pizza—Whitby | Mary Browns—Brooklin |
| Village Dollar—Newcastle | |

Board of Directors

Staff Contact Info

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President

Victoria Kehoe
Executive Director

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Vice - President

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

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Nicole Cabral
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!

