

# **DISTRESS CENTRE**

## **NIAGARA**

**St. Catharines**  
**905-688-3711**

**Welland**  
**905-734-1212**

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**905-563-6674**

**Fort Erie**  
**905-382-0689**

**March 2008**

Welcome to the 2<sup>nd</sup> Edition of the DCN News, designed to keep you informed and up-to-date on the happenings at DCN.

This newsletter will be published thirdly, with the next edition coming out in May 2008. We welcome your contributions. Please don't hesitate to direct any questions, comments or suggestions to the office. If you do not wish to receive this publication, please contact us at [dcniaagara@bellnet.ca](mailto:dcniaagara@bellnet.ca) and we will remove your name from the distribution list.

### **TRIP OF A LIFETIME**

By Dara W.

(Current DC Volunteer)

This past May, I went on the trip of a lifetime to Namibia, Africa with a group of students and staff from Brock University. Namibia is located along the south-west coast of Africa, directly above South Africa. Our group stayed in residence at The Polytechnic of Namibia, which allowed us to develop lasting friendships with some of the local students. We spent our days working at a daycare centre: we painted murals, built playgrounds, and played with the children. One evening, we had the opportunity to take part in a student run HIV/AIDS awareness night, which included a candlelit memorial walk. On the weekends, we had the amazing experience of traveling the country. We went to Swakopmund / Walvis Bay on the coast one weekend where we were able to see the sand dunes, and the other weekend was spent in Etosha National Park where we camped and went on a safari to see elephants, zebras and giraffes. This trip was truly an amazing experience and I would encourage anyone who has the opportunity, to take advantage of it. It is something I know I will never forget.

### **HELP NEEDED**

The most precious commodity we have at DC is our volunteers. As is sometimes the case with commodities, our numbers are decreasing. If you are a caring person (or know someone who is) that has good communication skills and non-judgmental attitudes then you are needed as a volunteer for our telephone crisis service. The next training group starts April 12<sup>th</sup>, 13<sup>th</sup> & 19<sup>th</sup>. Other training dates this year are May 31<sup>st</sup>, June 1<sup>st</sup> & June 7<sup>th</sup>. Please call 905-688-3711 or email to [dcniaagara@bellnet.ca](mailto:dcniaagara@bellnet.ca) for more information.

### **UPCOMING EVENTS**

1. DC Training: April 12, 13 & 19, 2008
2. DC 2<sup>nd</sup> Annual Euchre Tournament: April 12, 2008
3. ASIST Training: April 19 & 20, 2008
4. DC Training: May 31, June 1 & 7, 2008

### **DC QUICK FACTS**

From September to December 2007.....

- 20 Individuals received DC training
- DC gave United Way Campaign Presentations to over 400 community members
- Average number of calls per week to the crisis line = 235
- 13% of all calls dealt with financial issues
- Another 16% dealt with substance abuse

**WELCOME TO DC NEW VOLUNTEERS  
SEPTEMBER – DECEMBER 2007**

Aimee B.	Amanda L.	Jesiqua R.
Josh B.	Amy L.	Tyler S.
Daniel D.	Alyssa M.	Jason W.
Jason H.	Ian M.	Alex V.
Jennifer H.	Les M.	Anjum Z.
	Andrea R.	

**SUICIDE HELP CARD**

If someone you know:

- threatens suicide
- talks about wanting to die
- shows changes in behaviour, appearance, mood
- abuses drugs, alcohol
- deliberately injures themselves
- appears depressed, sad, withdrawn

You can help:

- stay calm and listen
- let them talk about their feelings
- be accepting; do not judge
- ask directly about suicidal thoughts or plans
- Don't swear secrecy – Tell someone

Get help:

- you can't do it alone

**OUR WISH LIST**

The following is a list of items that our centre could use. Through your donations, we can save money by not having to purchase them. Thanks for your support.

Self help and educational books for our library  
Office supplies  
Scrap paper  
Thank you gifts  
Gift cards  
Canadian Tire Money

Distress Centre of Niagara is a 24 hour, free, confidential telephone crisis intervention support service available to anyone in need in the Niagara Region. As a not for profit, charitable organization, Distress Centre of Niagara relies on the United Ways of Niagara, fundraising and private donations in order to offer this service.

Please support our agency. Contributions in any amount are greatly appreciated.

Donations can be made online at [www.distresscentreniagara.com](http://www.distresscentreniagara.com) or by mail to:  
P.O. Box 22018, St. Catharines, On. L2T 4C1.

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Niagara  
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