

OCTOBER 2008

Issue 4

DISTRESS CENTRE

NIAGARA

UPCOMING EVENTS

ASIST Training

December 13 &
14, 2008

DC Training

January 24, 25 &
31, 2009

DC Training

February 12 –
March 26,
2009

Welcome to the 4th Edition of DCN News, designed to keep you up to date with the happenings at DCN. This newsletter will be published thirdly with the next edition coming out in January 2009. Your contributions are welcome and encouraged. Any questions, comments or suggestions can be directed to the office. If you do not wish to receive any future publications, please contact us at dconiagara@bellnet.ca.

Story of Peru

As written by Lisa Banh

DCN Volunteer

Last May, I embarked on a journey to beautiful Peru as part of a solidarity mission. The premise of this trip is to re-enforce a sense of global citizenry as well as relieving social injustice in local shantytowns. To note, I did not personally save villages from wild bush fires or anything of that sort. I did however volunteer my time and respect to certain issues such as healthcare, daycare centers, and civil infrastructure (i.e. stairways acting as 'roads' in shantytown situated in hilly regions) that have a huge impact

on the one's wellbeing in a 3rd world nation. I participated in a dental health campaign where my group taught over 100 children how to properly floss and brush their teeth. I helped build a 60-meter staircase running down the shantytown in the Villa Maria des Truinfo, Lima, Peru. I had the opportunity to speak to Peruvian Health Minister Hernán Garrido Lecca about the strengths, challenges and changes in his country's health care system. These are only a few of the many highlights!

What made this trip much more memorable

and valuable to me than any all-inclusive resort vacation were the meaningful relationships that I was able to make and services I was able to provide to work alongside my pleasant hosts. Rather than indulging in poolside tans and bottomless margaritas (no rim please!), I was able to indulge in the human experience. I was able to live and work among my hosts -- to truly *feel* all the hardships and the triumphs of Peru. And thus describes the beginning of my love affair for volunteer vacations...

Can you help?

VOLUNTEERS NEEDED. 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 session begins January 24, 2009. Please call 905-688-3711 for more information.

**Distress Centre of
Niagara
Board of Directors**

Becky Loewen
President

Jennifer Lindley
Vice President

Karen Stewart
Treasurer

Jennifer Gorman
Secretary

Brenda Audette

Wendy Chevrette

Ed Klassen

Rae Laminman

Tammy Reid

Stacey Wells

**Distress Centre of
Niagara
Staff**

Dee
Executive Director

Stacy
Program Manager

Lynn
Coordinator of Volunteer
Resources

Pam
Office Coordinator

**Generously funded by
The United Ways of
Niagara**



We're on the Web!

See us at:

www.distresscentreniagara.com

Did you know?

We received 4,048 calls from the beginning of May until the end of August.

85% of the callers expressed appreciation or improvement at the end of their call to DC. Here's what some had to say:

This caller thanked the volunteer for talking with them and thanked the rest of the staff at DC. They said everyone has been very supportive to them and they will continue to use our service when needed.

The caller stated they feel

better now than when they first called DC.

The caller said they were feeling better.

Another caller was glad DC was here for them because they like having someone to talk with.

**Welcome to DCN New Volunteers
May – August 2008**

Taylor C.

Melissa D.

Sali E.

Matthew G.

Daniella H.

Denis K.

Victoria L.

Cynthia M.

Lindsay O.

Libby W.

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

Share the Wealth Contest

We are lucky enough to be surrounded by people with vast and varied experiences and this type of information is invaluable to our agency. We need your thoughts, ideas, and suggestions on how and where we can recruit some fantastic volunteers like those who already take the calls at DC. No idea is too big or too small. To show our appreciation, we are holding a special draw for all who present an idea (or ideas). All entries can be submitted to stacydcn@bellnet.ca by November 30th with the draw taking place December 1st. Each idea presented will earn a ballot so tap into your creative side and submit your ideas today.

About Our Agency..

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

Or by mail to:

P.O. Box 22018, St. Catharines,
On. L2T 4C1.