



Box 243
Adelaide Post Office
Toronto, ON M5G 2J4
Tel: 416.598.0168
Fax: 416.598.2316
www.torontodistresscentre.com

Distress Centres

Distress Centres is currently recruiting board members to work with this pioneering and dynamic organization. If you have experience in the areas of financial management, resource development, human resources and/or community programming, preferably with previous Board and social services experience, then Distress Centres may have a board position for you.

Distress Centres' mission is to foster hope and resilience one connection at a time. Distress Centres offers several programs including:

- 408-HELP, Canada's oldest and largest 24 / 7 crisis and distress helpline
- Survivor Support Program which provides face-to-face grief support in the aftermath of suicide or homicide
- Caller Reassurance Program for vulnerable seniors who receive regularly scheduled and personalized call-outs
- Community Outreach and Education, consultation and outreach to other organizations and service providers across the province
- Crisis Link, a subway-specific suicide prevention helpline to riders in the subway system, in partnership with the Toronto Transit Commission and Bell
- The Professional Association of Residents of Ontario (PARO) Helpline, a dedicated, confidential crisis helpline for medical students and residents, as well as their families
- EMS Warm Transfer Line, in partnership with Toronto's Emergency Medical Services, a dedicated warm transfer line for suicidal callers seeking assistance
- ONTX Crisis Chat / Text online support program for the "in-between generation" of transitional youth and young adults

All of our direct services are provided by screened, trained and supervised volunteers.

Board member positions are 3-year appointments with an estimated monthly commitment of 10 hours. Business is conducted by in person monthly Board and Committee meetings, as well as through email and telephone.

Duties of Board Members include:

- Attend all meetings of the Board and Committees of which one is a member
- Support and participate actively in one or more committees
- Assist the agency in achieving its strategic goals
- Assist the agency in setting policy
- Actively participate in all fundraising activities
- Acts as a community ambassador for Distress Centres
- Actively participate in the Board's and any committee's annual planning and evaluation efforts
- Actively participate in the Board's evaluation of the agency in achieving its mission



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Distress Centres is committed to diversity and inclusion and encourages applications from all qualified candidates. Candidates should submit a resume and statement of interest to the attention of the Nominations Committee by email to info@torontodistresscentre.com or fax 416-598-2316 by February 28, 2017. For more information about Distress Centres, please visit our website at www.TorontoDistressCentre.com.

Selected candidates will be contacted by a member of the Nominations Committee for a scheduled in-person interview. Distress Centres' Board of Directors approves all nominations. Successful candidates will be elected at the next meeting of the Board of Directors.

We thank all applicants for their interest in Distress Centres. Only those selected for an interview will be contacted.