

Distress Line Volunteer Training

January 2020

Weekday	Date	Time	Session
Tuesday	Jan 14	5:30 p.m. – 9:00 p.m.	Session One
Saturday	Jan 18	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Two Session Three
Tuesday	Jan 21	5:30 p.m. – 9:00 p.m.	Observation Shift #1
Saturday	Jan 25	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Four Session Five
Tuesday	Jan 28	5:30 p.m. – 9:00 p.m.	Observation Shift #2
Saturday	Feb 1	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Six Session Seven
Tuesday	Feb 4	5:30 p.m. – 9:00 p.m.	Session Eight
Saturday	Feb 8	8:30 a.m. – 12:00 p.m.	Session Nine
Tuesday	Feb 11	5:30 p.m. – 9:00 p.m.	Session Ten
Tuesday	Feb 18	5:30 p.m. – 9:00 p.m.	Session Eleven
Saturday	Feb 22	8:30 a.m. – 12:00 p.m.	Session Twelve
Tuesday	Feb 25	5:30 p.m. – 9:00 p.m.	Session Thirteen
Tuesday	April 14	5:30 p.m. – 9:00 p.m.	Commencement

As part of the training program, volunteers are required to complete Monitoring shifts see pg. 2 for the Monitoring shift schedule.

Distress Line Volunteer Training: Monitor Shifts

January 2020

As part of the training program, volunteers will schedule themselves for a weekly 4 hour Monitoring shift for 10 weeks. **The Monitoring shifts are mandatory.**

The shifts are broken into 2 phases. Phase 1 runs from **February 2, 2020 – March 7, 2020**. Phase 2 runs from **March 8, 2020 – April 11, 2020**.

During your monitoring shifts you will be taking Distress Line calls with 1 to 1 support of a senior Distress Line Listener.

Options for shift times are below. You may choose one (1) option for your weekly shift in each phase that you must commit to for the duration of that phase.

Phase 1 February 2, 2020 – March 7, 2020*

<input type="checkbox"/> Option #1	Sunday	8:00-12:00
<input type="checkbox"/> Option #2	Sunday	13:00-17:00
<input type="checkbox"/> Option #3	Sunday	18:00-22:00
<input type="checkbox"/> Option #4	Monday	13:00-17:00
<input type="checkbox"/> Option #5	Monday	18:00-22:00
<input type="checkbox"/> Option #6	Wednesday	8:00-12:00
<input type="checkbox"/> Option #7	Wednesday	18:00-22:00
<input type="checkbox"/> Option #8	Thursday	8:00-12:00
<input type="checkbox"/> Option #9	Thursday	13:00-17:00
<input type="checkbox"/> Option #10	Thursday	18:00-22:00
<input type="checkbox"/> Option #11	Friday	18:00-22:00
<input type="checkbox"/> Option #12	Saturday	18:00-22:00

Phase 2 March 8, 2020 – April 11, 2020

<input type="checkbox"/> Option #1	Sunday	8:00-12:00
<input type="checkbox"/> Option #2	Monday	13:00-17:00
<input type="checkbox"/> Option #3	Monday	18:00-22:00
<input type="checkbox"/> Option #4	Tuesday	8:00-12:00
<input type="checkbox"/> Option #5	Tuesday	18:00-22:00
<input type="checkbox"/> Option #6	Wednesday	13:00-17:00
<input type="checkbox"/> Option #7	Thursday	8:00-12:00
<input type="checkbox"/> Option #8	Thursday	18:00-22:00
<input type="checkbox"/> Option #9	Friday	13:00-17:00
<input type="checkbox"/> Option #10	Friday	18:00-22:00
<input type="checkbox"/> Option #11	Saturday	8:00-12:00
<input type="checkbox"/> Option #12	Saturday	18:00-22:00

***NOTE:** During Phase 1 you will be required to take one shift during the overnight hours (00:00-04:00 OR 04:00-08:00) in place of one of your weekly shifts.