

**Distress Line Volunteer Training**

**August 2020**

Weekday	Date	Time	Session
Tuesday	Aug 4	5:30 p.m. – 9:00 p.m.	Session One
Saturday	Aug 8	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Two Session Three
Tuesday	Aug 11	5:30 p.m. – 9:00 p.m.	Observation Shift #1
Saturday	Aug 15	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Four Session Five
Tuesday	Aug 18	5:30 p.m. – 9:00 p.m.	Observation Shift #2
Saturday	Aug 22	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Six Session Seven
Tuesday	Aug 25	5:30 p.m. – 9:00 p.m.	Session Eight
Saturday	Aug 29	8:30 a.m. - 12:00 p.m.	Session Nine
Tuesday	Sep 1	5:30 p.m. – 9:00 p.m.	Session Ten
Tuesday	Sep 8	5:30 p.m. – 9:00 p.m.	Session Eleven
Saturday	Sep 12	8:30 a.m. – 12:00 p.m.	Session Twelve
Tuesday	Sep 15	5:30 p.m. – 9:00 p.m.	Session Thirteen
Wednesday	Nov 4	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

### August 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 **August 23, 2020 – September 26, 2020**. Phase 2 runs from **September 27, 2020 – October 31, 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 August 23, 2020 – September 26, 2020\*

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

#### Phase 2 September 27, 2020 – October 31, 2020

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