

Distress Line Volunteer Training

June 2020

Weekday	Date	Time	Session
Tuesday	Jun 2	5:30 p.m. – 9:00 p.m.	Session One
Saturday	Jun 6	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Two Session Three
Tuesday	Jun 9	5:30 p.m. – 9:00 p.m.	Observation Shift #1
Saturday	Jun 13	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Four Session Five
Tuesday	Jun 16	5:30 p.m. – 9:00 p.m.	Observation Shift #2
Saturday	Jun 20	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Six Session Seven
Tuesday	Jun 23	5:30 p.m. – 9:00 p.m.	Session Eight
Saturday	Jun 27	8:30 a.m. – 12:00 p.m.	Session Nine
Tuesday	Jun 30	5:30 p.m. – 9:00 p.m.	Session Ten
Saturday	Jul 4	8:30 a.m. – 12:00 p.m.	Session Eleven
Tuesday	Jul 7	5:30 p.m. – 9:00 p.m.	Session Twelve
Saturday	Jul 11	8:30 a.m. – 12:00 p.m.	Session Thirteen
Wednesday	Sep 2	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

June 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 **June 21, 2019 – July 25, 2020**. Phase 2 runs from **July 26, 2020 – August 29, 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 June 21, 2019 – July 25, 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 July 26, 2020 – August 29, 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.