

Distress Line Volunteer Training

March 2020

Weekday	Date	Time	Session
Saturday	Mar 21	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session One Session Two
Wednesday	Mar 25	5:30 p.m. – 9:00 p.m.	Observation Shift #1
Saturday	Mar 28	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Three Session Four
Wednesday	Apr 1	5:30 p.m. – 9:00 p.m.	Observation Shift #2
Saturday	April 4	8:30 a.m. – 12:00 p.m. 1:00 p.m. – 4:30 p.m.	Session Five Session Six
Wednesday	Apr 8	5:30 p.m. – 9:00 p.m.	Session Seven
Wednesday	Apr 15	5:30 p.m. – 9:00 p.m.	Session Eight
Saturday	Apr 18	8:30 a.m. – 12:00 p.m.	Session Nine
Wednesday	Apr 22	5:30 p.m. – 9:00 p.m.	Session Ten
Saturday	Apr 25	8:30 a.m. – 12:00 p.m.	Session Eleven
Wednesday	Apr 29	5:30 p.m. – 9:00 p.m.	Session Twelve
Saturday	May 2	8:30 a.m. – 12:00 p.m.	Session Thirteen
Wednesday	June 24	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

March 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 **April 12, 2020 – May 16, 2020**. Phase 2 runs from **May 17, 2020 – June 20, 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 April 12, 2020 – May 16, 2020*

<input type="checkbox"/> Option #1	Sunday	13:00-17:00
<input type="checkbox"/> Option #2	Sunday	18:00-22:00
<input type="checkbox"/> Option #3	Monday	13:00-17:00
<input type="checkbox"/> Option #4	Monday	18:00-22:00
<input type="checkbox"/> Option #5	Tuesday	8:00-12:00
<input type="checkbox"/> Option #6	Tuesday	18:00-22:00
<input type="checkbox"/> Option #7	Wednesday	8:00-12:00
<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 May 17, 2020 – June 20, 2020

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

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