

**Distress Line Volunteer Training**

**August 2020**

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| 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 the shift times will be made available to you prior to class selection.