

**Distress Line Volunteer Training**

**June 2020**

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| Weekday | Date | Time | Module |
| Tuesday | Jun 2 | 5:30 p.m. – 9:00 p.m. | 1. Introduction
 |
| Saturday | Jun 6 | 8:30 a.m. – 12:00 p.m.1:00 p.m. – 4:30 p.m. | 1. Crisis Intervention Part 1
2. Crisis Intervention Part 2
 |
| 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. | 1. Suicide Part 1
2. Suicide Part 2
 |
| 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. | 1. Violence Part 1
2. Violence Part 2
 |
| Tuesday | Jun 23 | 5:30 p.m. – 9:00 p.m. | 1. Call Management
 |
| Saturday | Jun 27 | 8:30 a.m. – 12:00 p.m. | 1. Risk Management
 |
| Tuesday | Jun 30 | 5:30 p.m. – 9:00 p.m. | 1. Mental Health and Substance Use Disorders
 |
| Saturday | Jul 4 | 8:30 a.m. – 12:00 p.m. | 1. Grief, Loss, and Trauma
 |
| Tuesday | Jul 7 | 5:30 p.m. – 9:00 p.m. | 1. Information and Referral
 |
| Saturday | Jul 11 | 8:30 a.m. – 12:00 p.m. | 1. Working with Diverse Populations
 |
| **Wednesday** | **Sep 2** | 5:30 p.m. – 9:00 p.m. | 1. Commencement Night
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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 the shift times will be made available to you prior to class selection.