

**Distress Line Volunteer Training**

**November 2020**

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| Weekday | Date | Time | Session |
| Tuesday | Nov 3 | 5:30 p.m. – 9:00 p.m. | Session One |
| Saturday | Nov 7 | 8:30 a.m. – 12:00 p.m.  1:00 p.m. – 4:30 p.m. | Session Two  Session Three |
| Tuesday | Nov 10 | 5:30 p.m. – 9:00 p.m. | Observation Shift #1 |
| Saturday | Nov 14 | 8:30 a.m. – 12:00 p.m.  1:00 p.m. – 4:30 p.m. | Session Four  Session Five |
| Tuesday | Nov 17 | 5:30 p.m. – 9:00 p.m. | Observation Shift #2 |
| Saturday | Nov 21 | 8:30 a.m. – 12:00 p.m.  1:00 p.m. – 4:30 p.m. | Session Six  Session Seven |
| Tuesday | Nov 24 | 5:30 p.m. – 9:00 p.m. | Session Eight |
| Saturday | Nov 28 | 8:30 a.m. – 12:00 p.m. | Session Nine |
| Tuesday | Dec 1 | 5:30 p.m. – 9:00 p.m. | Session Ten |
| Saturday | Dec 5 | 8:30 a.m. – 12:00 p.m. | Session Eleven |
| Tuesday | Dec 8 | 5:30 p.m. – 9:00 p.m. | Session Twelve |
| Saturday | Dec 12 | 8:30 a.m. – 12:00 p.m. | Session Thirteen |
| Tuesday | Feb 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**

**November 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 **November 22, 2020 – January 2, 2021**. Phase 2 runs from **January 3, 2021 – February 6, 2021**.

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.