

## Distress Line Volunteer Training: Monitor Shifts

### September 2021

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 **October 3, 2021 – Nov 6, 2021**. Phase 2 runs from **Nov 7, 2021 – Dec 11, 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 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 October 3, 2021 – Nov 6, 2021**

<input type="checkbox"/> <b>Option #1</b>	Sunday	13:00-17:00
<input type="checkbox"/> <b>Option #2</b>	Sunday	18:00-22:00
<input type="checkbox"/> <b>Option #3</b>	Monday	13:00-17:00
<input type="checkbox"/> <b>Option #4</b>	Monday	18:00-22:00
<input type="checkbox"/> <b>Option #5</b>	Tuesday	8:00-12:00
<input type="checkbox"/> <b>Option #6</b>	Tuesday	18:00-22:00
<input type="checkbox"/> <b>Option #7</b>	Wednesday	8:00-12:00
<input type="checkbox"/> <b>Option #8</b>	Thursday	8:00-12:00
<input type="checkbox"/> <b>Option #9</b>	Thursday	13:00-17:00
<input type="checkbox"/> <b>Option #10</b>	Thursday	18:00-22:00
<input type="checkbox"/> <b>Option #11</b>	Friday	18:00-22:00
<input type="checkbox"/> <b>Option #12</b>	Saturday	18:00-22:00

#### **Phase 2 October 3, 2021 – Nov 6, 2021**

<input type="checkbox"/> <b>Option #1</b>	Sunday	13:00-17:00
<input type="checkbox"/> <b>Option #2</b>	Sunday	18:00-22:00
<input type="checkbox"/> <b>Option #3</b>	Monday	13:00-17:00
<input type="checkbox"/> <b>Option #4</b>	Monday	18:00-22:00
<input type="checkbox"/> <b>Option #5</b>	Tuesday	8:00-12:00
<input type="checkbox"/> <b>Option #6</b>	Tuesday	18:00-22:00
<input type="checkbox"/> <b>Option #7</b>	Wednesday	13:00-17:00
<input type="checkbox"/> <b>Option #8</b>	Wednesday	18:00-22:00
<input type="checkbox"/> <b>Option #9</b>	Thursday	8:00-12:00
<input type="checkbox"/> <b>Option #10</b>	Thursday	18:00-22:00
<input type="checkbox"/> <b>Option #11</b>	Friday	18:00-22:00
<input type="checkbox"/> <b>Option #12</b>	Saturday	8:00-12:00