

Thursday, January 2, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, January 2 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal chantal@pleo.on.ca)
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Child & Family Clinic

Date and Time: Thursday, January 2 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, January 2 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, January 2 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Friday, January 3, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, January 3 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
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- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from

Monday, January 6, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, January 6 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
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Youth Wellness Hubs:

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Tuesday, January 7, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, January 7 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Wednesday, January 8, 2025

Child & Family Clinic

Date and Time: Wednesday, January 8 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, January 8 9:00 am - 8:00 pm

Address: in person and virtual

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Thursday, January 9, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, January 9 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Child & Family Clinic

Date and Time: Thursday, January 9 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, January 9 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, January 9 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Friday, January 10, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, January 10 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Monday, January 13, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, January 13 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Tuesday, January 14, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, January 14 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Wednesday, January 15, 2025

Child & Family Clinic

Date and Time: Wednesday, January 15 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, January 15 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
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Thursday, January 16, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, January 16 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
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Child & Family Clinic

Date and Time: Thursday, January 16 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, January 16 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, January 16 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Friday, January 17, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, January 17 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Monday, January 20, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, January 20 9:00 am - 8:00 pm

Address: in person and virtual

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Tuesday, January 21, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, January 21 9:00 am - 8:00 pm

Address: in person and virtual

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Wednesday, January 22, 2025

Child & Family Clinic

Date and Time: Wednesday, January 22 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, January 22 9:00 am - 8:00 pm

Address: in person and virtual

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Thursday, January 23, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, January 23 9:00 am - 8:00 pm

Address: in person and virtual

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Child & Family Clinic

Date and Time: Thursday, January 23 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, January 23 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, January 23 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Friday, January 24, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, January 24 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal chantal@pleo.on.ca)
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Monday, January 27, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, January 27 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal chantal@pleo.on.ca)
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Tuesday, January 28, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, January 28 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
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- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Wednesday, January 29, 2025

Child & Family Clinic

Date and Time: Wednesday, January 29 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, January 29 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM

- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
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- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Thursday, January 30, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, January 30 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Child & Family Clinic

Date and Time: Thursday, January 30 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, January 30 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, January 30 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Friday, January 31, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, January 31 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter

on-site Tuesdays from 12:00 PM to 7:00 PM

- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
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<https://calendar.kidscomefirst.ca>