

## **Thursday, January 1, 2026**

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### **SMART Recovery family and friends**

Date and Time: Thursday, January 1 7:00 pm - 8:30 pm

Address: Join here: <https://us02web.zoom.us/j/293138126>

This free drop-in virtual support group for all family and friends of those struggling with addictions or addictive behaviours, is held every Thursday from 7pm to 8:30pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

## **Tuesday, January 6, 2026**

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### **Impact of separation and divorce on parents**

Date and Time: Tuesday, January 6 6:00 pm - 8:00 pm

Address: virtual - zoom

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children experiencing separation or divorce

Duration: 2 sessions over 2 weeks

Schedule: Tuesdays from 6:00 p.m. to 8:00 p.m.

### **Renfrew County Parent Support Group**

Date and Time: Tuesday, January 6 6:30 pm - 8:00 pm

Address: myFM Centre (1 Ma Te Way Park Drive, Renfrew) inside the YWHO Renfrew County room on the 2nd Floor (enter the myFM building through their rear parking lot doors and take stairs to 2nd floor

Renfrew County Parent Support Group for parents and caregivers of youth and young adults (ages 12-25) facing mental health or addiction challenges. First Tuesday of the month.

This free drop-in parent support group for parents and caregivers of youth and young adults (ages 12-25) facing mental health or addiction challenges, is held on the first Tuesday of the month from 6:30pm to 8pm at myFM Centre (1 Ma Te Way Park Drive, Renfrew) inside the YWHO Renfrew County room on the 2nd Floor\*. Peer-facilitated by two Pleo Family Peer Supporters. Offered by Pleo in partnership with Renfrew County Youth Wellness Hub and Addictions Treatment Service (ATS). Participants can drop-in as often as they like or need. **Just drop-in to join.**

\*Enter the myFM building through the rear parking lot doors and take the stairs to second floor.

Upcoming dates:

Tuesday November 4, 2025, 6:30pm-8pm

Tuesday December 2, 2025, 6:30pm-8pm

Tuesday January 6, 2026, 6:30pm-8pm

Tuesday February 3, 2026, 6:30pm-8pm

## **Wednesday, January 7, 2026**

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### **SNAP (stop, no act, analyze, plan)**

Date and Time: Wednesday, January 7 5:00 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Teach children with behavioral challenges, as well as their parents, to make better choices in the moment.

Target population: Children with behavioral challenges and their parents.  
(Children aged 6 to 11)

Duration: 12 sessions over 12 weeks

Schedule: Wednesdays from 5:00 p.m. to 6:30 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

### **Impact of separation and divorce on kids**

Date and Time: Wednesday, January 7 5:30 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Children who need support in understanding and accepting their emotions and perceptions related to their parents' separation.

Target population: Children experiencing separation or divorce  
(Children aged 5 to 13—divided into groups according to age)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person—Bien ici—Mental Health and Community Services Center

### **Regualting emotions**

Date and Time: Wednesday, January 7 5:30 pm - 6:30 pm

Address: 610 McConnell avenue, Cornwall, ON

Learn practical strategies to better manage emotions on a daily basis.

Target population: Children who have difficulty managing their emotions.  
(Children aged 6 to 10)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person - Bien ici – Mental Health and Community Services Center

## **Stress and anxiety management**

Date and Time: Wednesday, January 7 6:00 pm - 7:00 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better manage stress and anxiety in everyday life.

Target population: Children who have difficulty managing stress and anxiety.  
(Children aged 6 to 10)

Duration: 7 sessions over 7 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:00 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

## **Parents of children living with ADHD**

Date and Time: Wednesday, January 7 6:00 pm - 7:30 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children living with ADHD

Duration: 6 sessions over 6 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:30 p.m.

Location: In person – Bien ici – Mental Health and Community Services Center

## **Drop-In Virtual Parent Support Group 13-25**

Date and Time: Wednesday, January 7 6:30 pm - 8:00 pm

Address: Join here: <https://us02web.zoom.us/j/83150489909>

Drop-In Virtual Parent Support Group 13-25 for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges. Every Wednesday.

This free drop-in virtual parent support group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges, is held every Wednesday (**4th Wednesday is bilingual**) from 6:30pm to 8pm on Zoom and peer-facilitated by two Pleo Family Peer Supporters.

## **Thursday, January 8, 2026**

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### **SMART Recovery family and friends**

Date and Time: Thursday, January 8 7:00 pm - 8:30 pm

Address: Join here: <https://us02web.zoom.us/j/293138126>

This free drop-in virtual support group for all family and friends of those struggling with addictions or addictive behaviours, is held every Thursday from 7pm to 8:30pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

## **Monday, January 12, 2026**

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### **Understanding and living with anxiety**

Date and Time: Monday, January 12 6:00 pm - 7:45 pm

Address: 310 Olmstead Street, Ottawa

**Cost \$300.00 (subsidies available upon request)**

Learn about

- What is happening in my brain and body when I have anxiety?
- What strengths do I already have?
- How do I move forward?

This group will cover cognitive-behavioural therapy (CBT), mindfulness, and narrative approaches.

- 8 Weekly sessions on Mondays from 6pm to 7:45pm
- January 12 to March 2
- IN PERSON at Counselling and Family Service (CFS) Ottawa
- 310 Olmstead Street, Ottawa, K1L 7K3

## **Tuesday, January 13, 2026**

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### **Impact of separation and divorce on parents**

Date and Time: Tuesday, January 13 6:00 pm - 8:00 pm

Address: virtual - zoom

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children experiencing separation or divorce

Duration: 2 sessions over 2 weeks

Schedule: Tuesdays from 6:00 p.m. to 8:00 p.m.

## **Virtual parent support group**

Date and Time: Tuesday, January 13 6:30 pm - 8:00 pm

Address: Zoom: <https://us02web.zoom.us/j/85109801085>

Drop-In Virtual Parent Support Group 0-12 for parents and caregivers of children and youth (ages 0-12) facing mental health or addiction challenges. 2nd Tuesday of the month.

This free drop-in virtual parent support group for parents and caregivers of children and youth (ages 0-12) facing mental health or addiction challenges, is held on the 2nd Tuesday (bilingual) of the month from 6:30pm to 8pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

## **Wednesday, January 14, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Wednesday, January 14 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Wednesday, January 14 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Wednesday, January 14 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **SNAP (stop, no act, analyze, plan)**

Date and Time: Wednesday, January 14 5:00 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Teach children with behavioral challenges, as well as their parents, to make better choices in the moment.

Target population: Children with behavioral challenges and their parents.  
(Children aged 6 to 11)

Duration: 12 sessions over 12 weeks

Schedule: Wednesdays from 5:00 p.m. to 6:30 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

## **Impact of separation and divorce on kids**

Date and Time: Wednesday, January 14 5:30 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Children who need support in understanding and accepting their emotions and perceptions related to their parents' separation.

Target population: Children experiencing separation or divorce  
(Children aged 5 to 13—divided into groups according to age)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person—Bien ici—Mental Health and Community Services Center

## **Regualting emotions**

Date and Time: Wednesday, January 14 5:30 pm - 6:30 pm

Address: 610 McConnell avenue, Cornwall, ON

Learn practical strategies to better manage emotions on a daily basis.

Target population: Children who have difficulty managing their emotions.  
(Children aged 6 to 10)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person - Bien ici – Mental Health and Community Services Center

## **Stress and anxiety management**

Date and Time: Wednesday, January 14 6:00 pm - 7:00 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better manage stress and anxiety in everyday life.

Target population: Children who have difficulty managing stress and anxiety.  
(Children aged 6 to 10)

Duration: 7 sessions over 7 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:00 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

## **Parents of children living with ADHD**

Date and Time: Wednesday, January 14 6:00 pm - 7:30 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children living with ADHD

Duration: 6 sessions over 6 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:30 p.m.

Location: In person – Bien ici – Mental Health and Community Services Center

## **Drop-In Virtual Parent Support Group 13-25**

Date and Time: Wednesday, January 14 6:30 pm - 8:00 pm

Address: Join here: <https://us02web.zoom.us/j/83150489909>

Drop-In Virtual Parent Support Group 13-25 for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges. Every Wednesday.

This free drop-in virtual parent support group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges, is held every Wednesday (**4th Wednesday is bilingual**) from 6:30pm to 8pm on Zoom and peer-facilitated by two Pleo Family Peer Supporters.

## **Virtual group for Parents of suicidal youth**

Date and Time: Wednesday, January 14 7:00 pm - 8:30 pm

Address: virtual

For parents and caregivers of suicidal youth and young adults up to age 25.

8 week sessions with an introductory evening on December 10, 2025.

**Registration required.**

## **Thursday, January 15, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Thursday, January 15 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Thursday, January 15 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Thursday, January 15 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Counselling for youth, their parents and their caregivers**

Date and Time: Thursday, January 15 12:00 pm - 8:00 pm

Address: 300 - 1355 Bank Street, Ottawa

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

## **Manotick and area parent support group**

Date and Time: Thursday, January 15 6:30 pm - 8:00 pm

Address: Lume Club (1138 Tighe Street)

Manotick and Area Parent Support Group for parents and caregivers of children, youth, and young adults (ages 0-25) facing mental health or addiction challenges. Third Thursday of the month.

This free drop-in parent support group for parents and caregivers of children, youth, and young adults (ages 0-25) facing mental health or addiction challenges, is held on the third Thursday of the month from 6:30pm to 8pm at Lume Club (1138 Tighe Street, Manotick). Peer-facilitated by two Pleo Family Peer Supporters. Offered by Pleo in partnership with Youth of Manotick Association (YOMA). Participants can drop-in as often as they like or need. **Just drop-in to join.**

A special guest: At our November 20th group, we'll be joined by Luna, a friendly therapy dog from Corporate Canine Therapy (CCT), offering some extra comfort, calm, and warmth to the evening.

Upcoming dates:

Thursday November 20, 2025, 6:30pm-8pm

Thursday December 18, 2025, 6:30pm-8pm

Thursday January 15, 2026, 6:30pm-8pm

Thursday February 19, 2026, 6:30pm-8pm

## **SMART Recovery family and friends**

Date and Time: Thursday, January 15 7:00 pm - 8:30 pm

Address: Join here: <https://us02web.zoom.us/j/293138126>

This free drop-in virtual support group for all family and friends of those struggling with addictions or addictive behaviours, is held every Thursday from 7pm to 8:30pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

## **Friday, January 16, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Friday, January 16 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Friday, January 16 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Friday, January 16 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Saturday, January 17, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Saturday, January 17 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Saturday, January 17 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Saturday, January 17 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Sunday, January 18, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Sunday, January 18 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Sunday, January 18 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Sunday, January 18 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Monday, January 19, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Monday, January 19 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Monday, January 19 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Monday, January 19 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## Daily groups for parents, caregivers, and youth

Date and Time: Monday, January 19 9:00 am

Address: online and in person

**Monday to Friday every week.** PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

## Understanding and living with anxiety

Date and Time: Monday, January 19 6:00 pm - 7:45 pm

Address: 310 Olmstead Street, Ottawa

**Cost \$300.00 (subsidies available upon request)**

Learn about

- What is happening in my brain and body when I have anxiety?
- What strengths do I already have?
- How do I move forward?

This group will cover cognitive-behavioural therapy (CBT), mindfulness, and narrative approaches.

- 8 Weekly sessions on Mondays from 6pm to 7:45pm

- January 12 to March 2
- IN PERSON at Counselling and Family Service (CFS) Ottawa
- 310 Olmstead Street, Ottawa, K1L 7K3

## **Tuesday, January 20, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Tuesday, January 20 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Tuesday, January 20 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily groups for parents, caregivers, and youth**

Date and Time: Tuesday, January 20 9:00 am

Address: online and in person

**Monday to Friday every week.** PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Tuesday, January 20 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Counselling for youth, their parents and their caregivers**

Date and Time: Tuesday, January 20 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road, Orleans, Ontario

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

## **Impact of separation and divorce on parents**

Date and Time: Tuesday, January 20 6:00 pm - 8:00 pm

Address: virtual - zoom

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children experiencing separation or divorce

Duration: 2 sessions over 2 weeks

Schedule: Tuesdays from 6:00 p.m. to 8:00 p.m.

## **Wednesday, January 21, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Wednesday, January 21 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## Daily groups for parents, caregivers, and youth

Date and Time: Wednesday, January 21 9:00 am

Address: online and in person

**Monday to Friday every week.** PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

## Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Wednesday, January 21 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Wednesday, January 21 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## Cafe Causerie

Date and Time: Wednesday, January 21 1:30 pm - 3:30 pm

Address: bien ici - centre de santé mentale et services communautaires

This service brings together women aged 16 and over who have been affected by violence.

Anyone who identifies or expresses themselves as a woman.

This group will allow you to discuss various topics in a relaxed and confidential atmosphere!

Once a month on Wednesdays from 1:30 p.m. to 3:30 p.m., starting September 17, 2025.

## SNAP (stop, no act, analyze, plan)

Date and Time: Wednesday, January 21 5:00 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Teach children with behavioral challenges, as well as their parents, to make better choices in the moment.

Target population: Children with behavioral challenges and their parents.  
(Children aged 6 to 11)

Duration: 12 sessions over 12 weeks

Schedule: Wednesdays from 5:00 p.m. to 6:30 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

## **Impact of separation and divorce on kids**

Date and Time: Wednesday, January 21 5:30 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Children who need support in understanding and accepting their emotions and perceptions related to their parents' separation.

Target population: Children experiencing separation or divorce  
(Children aged 5 to 13—divided into groups according to age)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person—Bien ici—Mental Health and Community Services Center

## **Regualting emotions**

Date and Time: Wednesday, January 21 5:30 pm - 6:30 pm

Address: 610 McConnell avenue, Cornwall, ON

Learn practical strategies to better manage emotions on a daily basis.

Target population: Children who have difficulty managing their emotions.  
(Children aged 6 to 10)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person - Bien ici – Mental Health and Community Services Center

## **Stress and anxiety management**

Date and Time: Wednesday, January 21 6:00 pm - 7:00 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better manage stress and anxiety in everyday life.

Target population: Children who have difficulty managing stress and anxiety.  
(Children aged 6 to 10)

Duration: 7 sessions over 7 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:00 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

## Parents of children living with ADHD

Date and Time: Wednesday, January 21 6:00 pm - 7:30 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children living with ADHD

Duration: 6 sessions over 6 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:30 p.m.

Location: In person – Bien ici – Mental Health and Community Services Center

## Drop-In Virtual Parent Support Group 13-25

Date and Time: Wednesday, January 21 6:30 pm - 8:00 pm

Address: Join here: <https://us02web.zoom.us/j/83150489909>

Drop-In Virtual Parent Support Group 13-25 for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges. Every Wednesday.

This free drop-in virtual parent support group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges, is held every Wednesday (**4th Wednesday is bilingual**) from 6:30pm to 8pm on Zoom and peer-facilitated by two Pleo Family Peer Supporters.

## Virtual group for Parents of suicidal youth

Date and Time: Wednesday, January 21 7:00 pm - 8:30 pm

Address: virtual

For parents and caregivers of suicidal youth and young adults up to age 25.

8 week sessions with an introductory evening on December 10, 2025.

## Thursday, January 22, 2026

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### Daily groups for parents, caregivers, and youth

Date and Time: Thursday, January 22 9:00 am

Address: online and in person

**Monday to Friday every week.** PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

### Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Thursday, January 22 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Thursday, January 22 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Thursday, January 22 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Counselling for youth, their parents and their caregivers**

Date and Time: Thursday, January 22 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road, Orleans, Ontario

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

## **Counselling for youth, their parents and their caregivers**

Date and Time: Thursday, January 22 12:00 pm - 8:00 pm

Address: 300 - 1355 Bank Street, Ottawa

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

## **SMART Recovery family and friends**

Date and Time: Thursday, January 22 7:00 pm - 8:30 pm

Address: Join here: <https://us02web.zoom.us/j/293138126>

This free drop-in virtual support group for all family and friends of those struggling with addictions or addictive behaviours, is held every Thursday from 7pm to 8:30pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

## **Friday, January 23, 2026**

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## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Friday, January 23 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily groups for parents, caregivers, and youth**

Date and Time: Friday, January 23 9:00 am

Address: online and in person

**Monday to Friday every week.** PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Friday, January 23 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Friday, January 23 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Saturday, January 24, 2026**

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## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Saturday, January 24 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Saturday, January 24 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Saturday, January 24 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Sunday, January 25, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Sunday, January 25 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Sunday, January 25 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Sunday, January 25 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Monday, January 26, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Monday, January 26 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Monday, January 26 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Monday, January 26 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily groups for parents, caregivers, and youth**

Date and Time: Monday, January 26 9:00 am

Address: online and in person

**Monday to Friday every week.** PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

## **Understanding and living with anxiety**

Date and Time: Monday, January 26 6:00 pm - 7:45 pm

Address: 310 Olmstead Street, Ottawa

**Cost \$300.00 (subsidies available upon request)**

Learn about

- What is happening in my brain and body when I have anxiety?
- What strengths do I already have?
- How do I move forward?

This group will cover cognitive-behavioural therapy (CBT), mindfulness, and narrative approaches.

- 8 Weekly sessions on Mondays from 6pm to 7:45pm
- January 12 to March 2
- IN PERSON at Counselling and Family Service (CFS) Ottawa
- 310 Olmstead Street, Ottawa, K1L 7K3

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**Tuesday, January 27, 2026**

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Tuesday, January 27 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Tuesday, January 27 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily groups for parents, caregivers, and youth**

Date and Time: Tuesday, January 27 9:00 am

Address: online and in person

**Monday to Friday every week.** PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Tuesday, January 27 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Social Skills Group**

Date and Time: Tuesday, January 27 5:00 pm - 6:00 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 5 to 8

A 6-hour program designed to help kids increase self-esteem and confidence in social situations. Learn from meaningful relationships by learning social cues, using social behaviour and conflict resolution.

## **Impact of separation and divorce on parents**

Date and Time: Tuesday, January 27 6:00 pm - 8:00 pm

Address: virtual - zoom

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children experiencing separation or divorce

Duration: 2 sessions over 2 weeks

Schedule: Tuesdays from 6:00 p.m. to 8:00 p.m.

## **Social Skills Group**

Date and Time: Tuesday, January 27 6:15 pm - 7:15 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 9 to 12

A 6-hour program designed to help kids increase self-esteem and confidence in social situations. Learn from meaningful relationships by learning social cues, using social behaviour and conflict resolution.

## **Parent and caregiver Information Session**

Date and Time: Tuesday, January 27 6:30 pm - 8:00 pm

Address: Join here: <https://us02web.zoom.us/j/85109801085>

Parent/Caregiver Information Session for parents and caregivers of children and youth (ages 0-12) facing mental health or addiction challenges. Fourth Tuesday of the month.

Join Pleo and Open Doors Mental Health (ODMH) on November 25, for an evening of learning and support.

This month's information session will cover the subject of "Screen Time & Tech: Boundaries, Connection and Brain Health", for parents and caregivers supporting children and youth (ages 0-12) facing mental health or addiction challenges.

As technology becomes part of everyday life, we understand that it can create new challenges for young people and families. In this session, we'll explore how screen time and technology use affect early brain development in children and youth, as well as their impact on mental health. Together, we'll discuss ways to set healthy bound

aries that balance screen time with connection to support your child's well-being. You'll gain practical tools to foster mindful tech use, encourage family and peer relationships beyond screens, and support your child in building a positive relationship with technology.

Hosted by Pleo Family Peer Supporters and mental health clinicians from Open Doors Mental Health (ODMH), we'll share information, practical tips, and strategies to help you navigate this topic.

The session will be held on Tuesday November 25, from 6:30pm–8:00pm on Zoom.

These free monthly sessions are designed to support you and your family. They provide information and insights on topics related to child and youth mental health and addictions, and parenting, along with practical tips and strategies to help you support your child or youth. You'll also find information about available supports and resources in your community and have the opportunity to ask questions in a welcoming, safe space. Sessions are held on the fourth Tuesday of the month, with a new topic each month.

We look forward to welcoming you to this session, presented together with Open Doors Mental Health (ODMH).

## **Wednesday, January 28, 2026**

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### **Daily groups for parents, caregivers, and youth**

Date and Time: Wednesday, January 28 9:00 am

Address: online and in person

**Monday to Friday every week.** PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Wednesday, January 28 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Wednesday, January 28 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Wednesday, January 28 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **SNAP (stop, no act, analyze, plan)**

Date and Time: Wednesday, January 28 5:00 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Teach children with behavioral challenges, as well as their parents, to make better choices in the moment.

Target population: Children with behavioral challenges and their parents.  
(Children aged 6 to 11)

Duration: 12 sessions over 12 weeks

Schedule: Wednesdays from 5:00 p.m. to 6:30 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

## **Impact of separation and divorce on kids**

Date and Time: Wednesday, January 28 5:30 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Children who need support in understanding and accepting their emotions and perceptions related to their parents' separation.

Target population: Children experiencing separation or divorce  
(Children aged 5 to 13—divided into groups according to age)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person—Bien ici—Mental Health and Community Services Center

## **Regualting emotions**

Date and Time: Wednesday, January 28 5:30 pm - 6:30 pm

Address: 610 McConnell avenue, Cornwall, ON

Learn practical strategies to better manage emotions on a daily basis.

Target population: Children who have difficulty managing their emotions.

(Children aged 6 to 10)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person - Bien ici – Mental Health and Community Services Center

## **Stress and anxiety management**

Date and Time: Wednesday, January 28 6:00 pm - 7:00 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better manage stress and anxiety in everyday life.

Target population: Children who have difficulty managing stress and anxiety.

(Children aged 6 to 10)

Duration: 7 sessions over 7 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:00 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

## **Parents of children living with ADHD**

Date and Time: Wednesday, January 28 6:00 pm - 7:30 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children living with ADHD

Duration: 6 sessions over 6 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:30 p.m.

Location: In person – Bien ici – Mental Health and Community Services Center

## **Drop-In Virtual Parent Support Group 13-25**

Date and Time: Wednesday, January 28 6:30 pm - 8:00 pm

Address: Join here: <https://us02web.zoom.us/j/83150489909>

Drop-In Virtual Parent Support Group 13-25 for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges. Every Wednesday.

This free drop-in virtual parent support group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges, is held every Wednesday (**4th Wednesday is bilingual**) from 6:30pm to 8pm on Zoom and peer-facilitated by two Pleo Family Peer Supporters.

## **Virtual group for Parents of suicidal youth**

Date and Time: Wednesday, January 28 7:00 pm - 8:30 pm

Address: virtual

For parents and caregivers of suicidal youth and young adults up to age 25.

8 week sessions with an introductory evening on December 10, 2025.

**Registration required.**

## **Thursday, January 29, 2026**

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### **Daily groups for parents, caregivers, and youth**

Date and Time: Thursday, January 29 9:00 am

Address: online and in person

**Monday to Friday every week.** PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Thursday, January 29 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Thursday, January 29 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Thursday, January 29 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Counselling for youth, their parents and their caregivers**

Date and Time: Thursday, January 29 12:00 pm - 8:00 pm

Address: 300 - 1355 Bank Street, Ottawa

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

## **Counselling for youth, their parents and their caregivers**

Date and Time: Thursday, January 29 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road, Orleans, Ontario

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-

260-2360 at any time.

## **The Brunch Bunch**

Date and Time: Thursday, January 29 5:30 pm - 7:00 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 8 to 11

A 5 week program designed to help kids and teens develop their independance with cooking.

## **SMART Recovery family and friends**

Date and Time: Thursday, January 29 7:00 pm - 8:30 pm

Address: Join here: <https://us02web.zoom.us/j/293138126>

This free drop-in virtual support group for all family and friends of those struggling with addictions or addictive behaviours, is held every Thursday from 7pm to 8:30pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

## **Friday, January 30, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Friday, January 30 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily groups for parents, caregivers, and youth**

Date and Time: Friday, January 30 9:00 am

Address: online and in person

**Monday to Friday every week.** PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Friday, January 30 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Friday, January 30 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## **Saturday, January 31, 2026**

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### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Saturday, January 31 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

### **Daily walk-in counselling clinics across Eastern Ontario**

Date and Time: Saturday, January 31 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Saturday, January 31 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

## Parent Support Group

Date and Time: Saturday, January 31 6:30 pm - 8:00 pm

Address: Willow Wellness - 5944 Perth Street, Richmond)

Rural Ottawa Parent Support Group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges. Last Monday of the month.

This free drop-in parent support group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges, is held on the last Monday of the month from 6:30pm to 8pm at Willow Wellness (5944 Perth Street, Richmond). Peer-facilitated by two Pleo Family Peer Supporters. Offered by Pleo in partnership with Willow Wellness and Rural Ottawa Youth Mental Health Collective. Participants can drop-in as often as they like or need. **Just drop-in to join.**

Upcoming dates:

Monday November 24, 2025, 6:30pm-8pm

Monday December 29, 2025, 6:30pm-8pm (Cancelled)\*\*

Monday January 26, 2026, 6:30pm-8pm

Monday February 23, 2026, 6:30pm-8pm

**\*\*The group on December 29 is cancelled, as the Pleo office will be closed on this day for the Holiday Season.**

<https://calendar.kidscomefirst.ca>