

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00 pm SMART Recovery family and friends	2	3
4	5 6:00 pm Impact of separation and divorce on parents 6:30 pm Renfrew County Parent Support Group	6 7 5:00 pm SNAP (stop, no act, analyze, plan) 5:30 pm Impact of separation and divorce on kids 5:30 pm Regualting emotions 6:00 pm Stress and anxiety management 6:00 pm Parents of children living with ADHD 6:30 pm Drop-In Virtual Parent Support Group 13-25	8 7:00 pm SMART Recovery family and friends	9	10	
11	12 6:00 pm Understanding and living with anxiety	13 6:00 pm Impact of separation and divorce on parents 6:30 pm Virtual parent support group	14 9:00 am Daily walk-in counselling clinics across Eastern Ontario 9:00 am Daily walk-in counselling clinics across Eastern Ontario 9:00 am Daily walk-in counselling clinics across Eastern Ontario 5:00 pm SNAP (stop, no act, analyze, plan) 5:30 pm Impact of separation and divorce on kids 5:30 pm Regualting emotions 6:00 pm Stress and anxiety management 6:00 pm Parents of children living with ADHD 6:30 pm Drop-In Virtual Parent Support Group 13-25	15 9:00 am Daily walk-in counselling clinics across Eastern Ontario 9:00 am Daily walk-in counselling clinics across Eastern Ontario 9:00 am Daily walk-in counselling clinics across Eastern Ontario 12:00 pm Counselling for youth, their parents and their caregivers 6:30 pm Manotick and area parent support group 7:00 pm SMART Recovery family and friends	16 9:00 am Daily walk-in counselling clinics across Eastern Ontario 9:00 am Daily walk-in counselling clinics across Eastern Ontario	17 9:00 am Daily walk-in counselling clinics across Eastern Ontario 9:00 am Daily walk-in counselling clinics across Eastern Ontario

25	26	27	28	29	30	
9:00 am Daily walk-in counselling clinics across Eastern Ontario	9:00 am Daily walk-in counselling clinics across Eastern Ontario	9:00 am Daily walk-in counselling clinics across Eastern Ontario	9:00 am Daily groups for parents, caregivers, and youth	9:00 am Daily groups for parents, caregivers, and youth	9:00 am Daily walk-in counselling clinics across Eastern Ontario	
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	6:00 pm Understanding and living with anxiety	5:00 pm Social Skills Group	5:00 pm SNAP (stop, no act, analyze, plan)	12:00 pm Counselling for youth, their parents and their caregivers	12:00 pm	
		6:00 pm Impact of separation and divorce on parents	5:30 pm Impact of separation and			

	<p>6:15 pm Social Skills Group</p> <p>6:30 pm Parent and caregiver Information Session</p>	<p>divorce on kids</p> <p>5:30 pm Regualting emotions</p> <p>6:00 pm Stress and anxiety management</p> <p>6:00 pm Parents of children living with ADHD</p> <p>6:30 pm Drop-In Virtual Parent Support Group 13-25</p> <p>7:00 pm Virtual group for Parents of suicidal youth</p>	<p>Counselling for youth, their parents and their caregivers</p> <p>5:30 pm The Brunch Bunch</p> <p>7:00 pm SMART Recovery family and friends</p>	
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<https://calendar.kidscomefirst.ca>