

# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child &amp; Family Clinic</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Embrun</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:30 am L'éveil des tout-petits - Vanier Community Services Centre</p> <p>11:00 am Drop in support - Children's</p>	<p>2</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>10:00 am Nobody's Perfect - Bethany Hope Centre</p> <p>10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>11:00 am Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>11:30 am The Walk-In Counselling Clinic - Renfrew County</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p>	<p>3</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Embrun</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>4:00 pm Youth Drop In - Vanier Community Services Centre</p> <p>4:30 pm Youth Drop in - Wabano Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports -</p>	<p>4</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p> <p>1:00 pm Around The Rainbow Art &amp; Play Drop In Group - Family Services Ottawa</p>

				mental health of Leeds & Grenville	12:00 pm Walk-In Clinic - Youth Services Bureau	Pinecrest Queensway Community Health Centre	
				12:00 pm Drop in support group - Équipe psycho- sociale pour enfants et adolescents francophones	12:00 pm SMART Recovery		
				12:00 pm The Walk- In Counselling Clinic - Centretown Community Health Centre	12:00 pm The Walk- In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)		
				12:00 pm The Walk- In Counselling Clinic - Jewish Family Services	12:00 pm Crossroads - Child & Family Clinic		
				12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall	12:15 pm Entre Filles - Vanier Community Health Centre		
				1:00 pm The Walk- In Counselling Clinic - North Renfrew Family Services	1:00 pm The Walk- In Counselling Clinic - Inspire Community Support Services		
				1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington	1:30 pm The Walk- In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre		
				1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre	5:00 pm Highschool Readiness - Expanding Horizons		
				3:00 pm Counselling Services - Vanier Community Service Centre	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre		
				4:00 pm Building Excellence in Stress Management - COPE Well Groups	6:00 pm Youth Drop Ins and Fall 2023 Groups - Youth Net		
				4:30 pm Social Skills Group (age 5 to 8) - Expanding Horizons	6:30 pm Anger Management especially for parents - Family Services Ottawa		
				5:30 pm Dad's matter - Bethany Hope Centre	7:00 pm Triple P Child - Valoris		
				6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	7:00 pm SMART Recovery for Families and Caregivers		
				6:30 pm Social Skills Group (age 13 to 16) - Expanding Horizons			
				6:30 pm Manage Life Stressors and Build Self- Compassion - COPE Well Groups			
				6:30 pm Triple P			

			Children - Valoris  6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa			
<p>5</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>11:00 am Habiletés Sociales (6 to 9 years) - Expanding Horizons</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>1:00 pm Habiletés Sociales (6 to 9 years) - Expanding Horizons</p>	<p>6</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>11:00 am Walk-In Clinic - Le Cap</p> <p>1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>1:30 pm Building resilience after Trauma - Family Services Ottawa</p> <p>4:00 pm Youth</p>	<p>7</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>10:00 am Baby Love - Bethany Hope Centre</p> <p>10:00 am Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>11:30 am Triple P Fear-less - Valoris</p> <p>12:00 pm SMART Recovery</p>	<p>8</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child &amp; Family Clinic</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:30 am L'éveil des tout-petits - Vanier Community Services Centre</p>	<p>9</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>10:00 am Nobody's Perfect - Bethany Hope Centre</p> <p>10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>11:00 am Youth Wellness Hub for Youth - Walk-in Rockland</p>	<p>10</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>11:30 am Supporting your family's mental health</p>	<p>11</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p>

	Wellness Hub for parents and care givers - Walk-in Rockland	12:00 pm Walk-In Clinic - Youth Services Bureau	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am The Walk-In Counselling Clinic - Renfrew County	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa
	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	12:00 pm Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	4:00 pm Youth Drop In - Vanier Community Services Centre
		12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre	12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre	12:00 pm Walk-In Clinic - Youth Services Bureau	4:30 pm Youth Drop in - Wabano Centre
		12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre	12:00 pm The Walk-In Counselling Clinic - Jewish Family Services	12:00 pm SMART Recovery	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre
		12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre	12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell	
		1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre	12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)	
		1:30 pm Buns in the Oven - Vanier Community Health Centre	12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 pm Crossroads - Child & Family Clinic	
		5:30 pm Social Skills Group (age 9 to 12) - Expanding Horizons	1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services	12:15 pm Entre Filles - Vanier Community Health Centre	
		6:00 pm Workshop - Communication (based on Triple P Stepping Stones) - Valoris	1:00 pm Support Groups - Open Doors for Lanark Children & Youth	1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall	
		6:00 pm Youth Support Services: The Human Trafficking Caregiver Support Group - YouTurn	1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington	1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services	
		6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook	1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre	
		6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa	3:00 pm Counselling Services - Vanier Community Service Centre	5:00 pm Highschool Readiness - Expanding Horizons	
		6:30 pm Parenting with Confidence - Family Services Ottawa	4:00 pm Building Excellence in Stress Management - COPE Well Groups	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
		6:30 pm Parents and caregivers: manage big emotions while building a connection with your teen - Cope Well Group	4:30 pm Social Skills Group (age 5 to 8) - Expanding Horizons	6:30 pm Anger Management especially for parents - Family Services Ottawa	
			5:30 pm Dad's matter - Bethany Hope Centre	6:30 pm Parenting for Connection - Family Services Ottawa	
			6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	7:00 pm Triple P Child - Valoris	
				7:00 pm SMART Recovery for	

			6:30 pm Social Skills Group (age 13 to 16) - Expanding Horizons  6:30 pm Manage Life Stressors and Build Self-Compassion - COPE Well Groups  6:30 pm Triple P Children - Valoris  6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa	Families and Caregivers		
12  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  11:00 am Habiletés Sociales (6 to 9 years) - Expanding Horizons  12:00 pm The Walk-In Counselling Clinic - Jewish Family Services  1:00 pm Habiletés Sociales (6 to 9 years) - Expanding Horizons  3:00 pm Managing intense emotions - virtual parenting groups	13  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  9:00 am Franc Succès - Vanier Community Services Centre  9:00 am Counselling Services - Vanier Community Service Centre  9:00 am Support Groups - Open Doors for Lanark Children & Youth  9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth  9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth  9:00 am School Based Counselling - Open Doors for Lanark Children & Youth  9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre  11:00 am Walk-In Clinic - Le Cap  1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland  1:00 pm Drop In Support - Open	14  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  9:00 am Counselling Services - Vanier Community Service Centre  9:00 am Franc Succès - Vanier Community Services Centre  9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth  9:00 am School Based Counselling - Open Doors for Lanark Children & Youth  9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth  9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre  10:00 am Baby Love - Bethany Hope Centre  10:00 am Youth Wellness Hub for Youth - Walk-in Rockland  11:30 am Triple P Fear-less - Valoris  12:00 pm Walk-In Clinic - Youth Services Bureau	15  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  9:00 am Crossroads - Child & Family Clinic  9:00 am Counselling Services - Vanier Community Service Centre  9:00 am Franc Succès - Vanier Community Services Centre  9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre  9:00 am Youth Wellness Hub for Youth - Walk-in Embrun  9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury  9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth  9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth  9:00 am School Based Counselling - Open Doors for Lanark Children & Youth  9:30 am L'éveil des	16  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  9:00 am Franc Succès - Vanier Community Services Centre  9:00 am Counselling Services - Vanier Community Service Centre  9:00 am School Based Counselling - Open Doors for Lanark Children & Youth  9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth  9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth  10:00 am Nobody's Perfect - Bethany Hope Centre  10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall  11:00 am Youth Wellness Hub for Youth - Walk-in Rockland  11:30 am The Walk-	17  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  9:00 am Counselling Services - Vanier Community Service Centre  9:00 am Franc Succès - Vanier Community Services Centre  9:00 am Youth Wellness Hub for Youth - Walk-in Embrun  9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre  9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth  9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth  9:00 am School Based Counselling - Open Doors for Lanark Children & Youth  11:30 am Supporting your family's mental health  12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa  4:00 pm Youth Drop In - Vanier	18  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa

	Doors for Lanark Children & Youth	12:00 pm SMART Recovery	tout-petits - Vanier Community Services Centre	In Counselling Clinic - Renfrew County	Community Services Centre
	1:30 pm Building resilience after Trauma - Family Services Ottawa	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	11:00 am Drop in support - Children's mental health of Leeds & Grenville	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	4:30 pm Youth Drop in - Wabano Centre
	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest	12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre	12:00 pm Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones	12:00 pm SMART Recovery	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest
	Queensway Community Health Centre	12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre	12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre	12:00 pm Walk-In Clinic - Youth Services Bureau	Queensway Community Health Centre
		12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 pm The Walk-In Counselling Clinic - Jewish Family Services	12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)	
		1:30 pm Buns in the Oven - Vanier Community Health Centre	12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 pm Crossroads - Child & Family Clinic	
		4:00 pm LGBTQ2S Support Group - Open Doors for Lanark Children & Youth	1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services	12:15 pm Entre Filles - Vanier Community Health Centre	
		5:30 pm Social Skills Group (age 9 to 12) - Expanding Horizons	1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington	1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services	
		6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest	1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest	1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre	
		Queensway Community Health Centre	Queensway Community Health Centre	5:00 pm Highschool Readiness - Expanding Horizons	
		6:30 pm Drop in Support group for parents - PLEO (ADHD focus)	3:00 pm Counselling Services - Vanier Community Service Centre	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest	
		6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa	4:00 pm Building Excellence in Stress Management - COPE Well Groups	Queensway Community Health Centre	
		6:30 pm Just for Dad's	4:30 pm Social Skills Group (age 5 to 8) - Expanding Horizons	6:30 pm Anger Management especially for parents - Family Services Ottawa	
		6:30 pm Parents and caregivers: manage big emotions while building a connection with your teen - Cope Well Group	5:30 pm Dad's matter - Bethany Hope Centre	7:00 pm Triple P Activity - Discussion Group: Getting Teenagers to Cooperate - Valoris	
			6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest	7:00 pm Triple P Child - Valoris	
			Queensway Community Health Centre	7:00 pm SMART Recovery for Families and Caregivers	
			6:30 pm Social Skills Group (age 13 to 16) - Expanding Horizons		
			6:30 pm Manage		

			<p>Life Stressors and Build Self-Compassion - COPE Well Groups</p> <p>6:30 pm Triple P Children - Valoris</p> <p>6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa</p>			
<p>19</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>3:00 pm Managing intense emotions - virtual parenting groups</p>	<p>20</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>11:00 am Walk-In Clinic - Le Cap</p> <p>1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>1:30 pm Building resilience after Trauma - Family Services Ottawa</p> <p>4:00 pm Youth</p>	<p>21</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>10:00 am Baby Love - Bethany Hope Centre</p> <p>10:00 am Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>11:30 am Triple P Fear-less - Valoris</p> <p>12:00 pm SMART Recovery</p>	<p>22</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child &amp; Family Clinic</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:30 am L'éveil des tout-petits - Vanier Community Services Centre</p>	<p>23</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>10:00 am Nobody's Perfect - Bethany Hope Centre</p> <p>10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>11:00 am Youth Wellness Hub for Youth - Walk-in Rockland</p>	<p>24</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>11:30 am Supporting your family's mental health</p>	<p>25</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p>

	Wellness Hub for parents and care givers - Walk-in Rockland	12:00 pm Walk-In Clinic - Youth Services Bureau	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am The Walk-In Counselling Clinic - Renfrew County	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa
	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	12:00 pm Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	4:00 pm Youth Drop In - Vanier Community Services Centre
	Queensway Community Health Centre	12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre	12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre	12:00 pm Walk-In Clinic - Youth Services Bureau	4:30 pm Youth Drop in - Wabano Centre
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		1:30 pm Buns in the Oven - Vanier Community Health Centre	12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 pm Crossroads - Child & Family Clinic	
		5:30 pm Social Skills Group (age 9 to 12) - Expanding Horizons	1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services	12:15 pm Entre Filles - Vanier Community Health Centre	
		6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest	1:00 pm Support Groups - Open Doors for Lanark Children & Youth	1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall	
		Queensway Community Health Centre	1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington	1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services	
		6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa	1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook	1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre	
		6:30 pm Parents and caregivers: manage big emotions while building a connection with your teen - Cope Well Group	3:00 pm Counselling Services - Vanier Community Service Centre	5:00 pm Highschool Readiness - Expanding Horizons	
		6:30 pm Just for Dad's	4:00 pm Building Excellence in Stress Management - COPE Well Groups	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest	
		6:30 pm Parenting for Connection - Family Services Ottawa	4:30 pm Social Skills Group (age 5 to 8) - Expanding Horizons	Queensway Community Health Centre	
			5:30 pm Dad's matter - Bethany Hope Centre	6:30 pm Anger Management especially for parents - Family Services Ottawa	
			6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest	7:00 pm Triple P Child - Valoris	
			Queensway Community Health Centre	7:00 pm SMART Recovery for Families and Caregivers	
			6:30 pm Social Skills		



			<p>Group (age 13 to 16) - Expanding Horizons</p> <p>6:30 pm Manage Life Stressors and Build Self-Compassion - COPE Well Groups</p> <p>6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa</p> <p>6:30 pm Triple P Children - Valoris</p> <p>6:30 pm Drop in Support group for parents - PLEO</p>			
<p>26</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>3:00 pm Managing intense emotions - virtual parenting groups</p>	<p>27</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Support Groups - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>11:00 am Walk-In Clinic - Le Cap</p> <p>1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>1:00 pm Drop In</p>	<p>28</p> <p>7:00 am Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>10:00 am Baby Love - Bethany Hope Centre</p> <p>10:00 am Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm SMART</p>				

	<p>Support - Open Doors for Lanark Children &amp; Youth</p> <p>1:30 pm Building resilience after Trauma - Family Services Ottawa</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:00 pm Around the Rainbow - Transcend Youth Group - Family Services Ottawa</p>	<p>Recovery</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p> <p>12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>4:00 pm LGBTQ2S Support Group - Open Doors for Lanark Children &amp; Youth</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO (ADHD focus)</p> <p>6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa</p> <p>6:30 pm Just for Dad's</p> <p>6:30 pm Parents and caregivers: manage big emotions while building a connection with your teen - Cope Well Group</p> <p>6:30 pm Coping with Grief - ages 8 to 12</p> <p>6:30 pm Coping with Grief - ages 13 to 16</p> <p>6:30 pm Parenting for Connection - Family Services Ottawa</p>				
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