Mental Health, Addiction, Substance Use Health and Neurodevelopmental Health Calendar

Generated May 17, 2025

February 2023

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

mental health of Leeds & Grenville	12:00 pm Walk-In Clinic - Youth	Pinecrest Queensway
12:00 pm Drop in	Services Bureau	Community Health Centre
support group - Équipe psycho- sociale pour enfants	12:00 pm SMART Recovery	
et adolescents francophones	12:00 pm The Walk- In Counselling Clinic - Renfrew County	
12:00 pm The Walk- In Counselling Clinic - Centretown	Collective (Arnprior Health Team)	
Community Health Centre	12:00 pm Crossroads - Child	
12:00 pm The Walk- In Counselling Clinic - Jewish Family Services	& Family Clinic 12:15 pm Entre Filles - Vanier Community Health	
12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall 1:00 pm The Walk-	Centre 1:00 pm The Walk- In Counselling Clinic - Inspire Community Support	
In Counselling Clinic - North Renfrew Family Services 1:00 pm Neighbourhood	Services 1:30 pm The Walk- In Counselling Clinic - Nepean, Rideau & Osgoode Community	
Health and Wellness Hubs - Heatherington	Resource Centre 5:00 pm Highschool	
1:00 pm Neighbourhood	Readiness - Expanding Horizons	
Health and Wellness Hubs - Pinecrest Queensway Community Health Centre	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest	
3:00 pm Counselling Services - Vanier Community Service Centre	Queensway Community Health Centre 6:00 pm Youth Drop	
4:00 pm Building Excellence in Stress Management - COPE Well Groups	Ins and Fall 2023 Groups - Youth Net 6:30 pm Anger Management	
4:30 pm Social Skills Group (age 5 to 8) - Expanding Horizons	especially for parents - Family Services Ottawa	
5:30 pm Dad's matter - Bethany Hope Centre	7:00 pm Triple P Child - Valoris 7:00 pm SMART	
6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	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			
5	6	7	8	9	10	11
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	 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 	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	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 Franc Succès - Vanier Community Services Centre	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	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	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 pm The Walk-In Counselling Clinic - Family
Family Services 1:00 pm Habiletés Sociales (6 to 9 years) - Expanding Horizons	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 11:00 am Walk-In Clinic - Le Cap 1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland 1:30 pm Building resilience after Trauma - Family Services Ottawa 4:00 pm Youth	Services Centre 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 Talk-In Single Sessions - 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 SMART Recovery	 9:00 am Counselling Services - Vanier Community Service Centre 9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre 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 School Based Counselling - Open Doors for Lanark Children & Youth 9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth 9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth 9:30 am L'éveil des tout-petits - Vanier Community Services Centre 	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 9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre 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	Services Centre 9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria 9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria 9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health 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 9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth 11:30 am Supporting your family's mental health	Services Ottawa

Wellness Hub for parents and care givers - Walk-in Rockland

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre 12:00 pm Walk-In Clinic - Youth Services Bureau

12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa

12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre

12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre

12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall

1:00 pm Drop In Support - Open Doors for Lanark Children & Youth

1:30 pm Buns in the Oven - Vanier Community Health Centre

5:30 pm Social Skills Group (age 9 to 12) - Expanding Horizons

6:00 pm Workshop -Communication (based on Triple P Stepping Stones) -Valoris

6:00 pm Youth Support Services: The Human Trafficking Caregiver Support Group - YouTurn

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa

6:30 pm Parenting with Confidence -Family Services Ottawa

6:30 pm Parents and caregivers: manage big emotions while building a connection with your teen - Cope Well Group 11:00 am Drop in support - Children's mental health of Leeds & Grenville

12:00 pm Drop in support group -Équipe psychosociale pour enfants et adolescents francophones

12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre

12:00 pm The Walk-In Counselling Clinic - Jewish Family Services

12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre

12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall

1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services

1:00 pm Support Groups - Open Doors for Lanark Children & Youth

1:00 pm Neighbourhood Health and Wellness Hubs -Heatherington

1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook

3:00 pm Counselling Services - Vanier Community Service Centre

4:00 pm Building Excellence in Stress Management -COPE Well Groups

4:30 pm Social Skills Group (age 5 to 8) -Expanding Horizons

5:30 pm Dad's matter - Bethany Hope Centre

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre 11:30 am The Walk-In Counselling Clinic - Renfrew County

12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa

12:00 pm Walk-In Clinic - Youth Services Bureau

12:00 pm SMART Recovery

12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell

12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)

12:00 pm Crossroads - Child & Family Clinic

12:15 pm Entre Filles - Vanier Community Health Centre

1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall

1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services

1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre

5:00 pm Highschool Readiness -Expanding Horizons

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

6:30 pm Anger Management especially for parents - Family Services Ottawa

6:30 pm Parenting for Connection -Family Services Ottawa

7:00 pm Triple P Child - Valoris

7:00 pm SMART Recovery for 12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa

4:00 pm Youth Drop In - Vanier Community Services Centre

4:30 pm Youth Drop in - Wabano Centre

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

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

Doors for Lanark Children & Youth

1:30 pm Building resilience after Trauma - Family Services Ottawa

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

12:00 pm SMART Recovery

12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa

12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre

12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre

12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall

1:30 pm Buns in the Oven - Vanier Community Health Centre

4:00 pm LGBTQ2S Support Group -Open Doors for Lanark Children & Youth

5:30 pm Social Skills Group (age 9 to 12) - Expanding Horizons

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

6:30 pm Drop in Support group for parents - PLEO (ADHD focus)

6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa

6:30 pm Just for Dad's

6:30 pm Parents and caregivers: manage big emotions while building a connection with your teen - Cope Well Group tout-petits - Vanier Community Services Centre

11:00 am Drop in support - Children's mental health of Leeds & Grenville

12:00 pm Drop in support group -Équipe psychosociale pour enfants et adolescents francophones

12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre

12:00 pm The Walk-In Counselling Clinic - Jewish Family Services

12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall

1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services

1:00 pm Neighbourhood Health and Wellness Hubs -Heatherington

1:00 pm

Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre

3:00 pm Counselling Services - Vanier Community Service Centre

4:00 pm Building Excellence in Stress Management -COPE Well Groups

4:30 pm Social Skills Group (age 5 to 8) -Expanding Horizons

5:30 pm Dad's matter - Bethany Hope Centre

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

6:30 pm Social Skills Group (age 13 to 16) - Expanding Horizons

6:30 pm Manage

In Counselling Clinic - Renfrew County

12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa

12:00 pm SMART Recovery

12:00 pm Walk-In Clinic - Youth Services Bureau

12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)

12:00 pm Crossroads - Child & Family Clinic

12:15 pm Entre Filles - Vanier Community Health Centre

1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services

1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre

5:00 pm Highschool Readiness -

Expanding Horizons 6:00 pm Somali Youth Support Project and Somali

Parent Supports -Pinecrest Queensway Community Health Centre

6:30 pm Anger Management especially for parents - Family Services Ottawa

7:00 pm Triple P Activity -Discussion Group: Getting Teenagers to Cooperate - Valoris

7:00 pm Triple P Child - Valoris

7:00 pm SMART Recovery for Families and Caregivers Community Services Centre

4:30 pm Youth Drop in - Wabano Centre

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

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

Wellness Hub for parents and care givers - Walk-in Rockland

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre 12:00 pm Walk-In Clinic - Youth Services Bureau

12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa

12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre

12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre

12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall

1:00 pm Drop In Support - Open Doors for Lanark Children & Youth

1:30 pm Buns in the Oven - Vanier Community Health Centre

5:30 pm Social Skills Group (age 9 to 12) - Expanding Horizons

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa

6:30 pm Parents and caregivers: manage big emotions while building a connection with your teen - Cope Well Group

6:30 pm Just for Dad's

6:30 pm Parenting for Connection -Family Services Ottawa 11:00 am Drop in support - Children's mental health of Leeds & Grenville

12:00 pm Drop in support group -Équipe psychosociale pour enfants et adolescents francophones

12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre

12:00 pm The Walk-In Counselling Clinic - Jewish Family Services

12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre

12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall

1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services

1:00 pm Support Groups - Open Doors for Lanark Children & Youth

1:00 pm Neighbourhood Health and Wellness Hubs -Heatherington

1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook

3:00 pm Counselling Services - Vanier Community Service Centre

4:00 pm Building Excellence in Stress Management -COPE Well Groups

4:30 pm Social Skills Group (age 5 to 8) -Expanding Horizons

5:30 pm Dad's matter - Bethany Hope Centre

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

6:30 pm Social Skills

11:30 am The Walk-
In Counselling Clinic
- Renfrew County12:00 pm The Walk-
In Counselling Clinic
- CFS/SFC Ottawa

12:00 pm Walk-In

Clinic - Youth

Recovery

12:00 pm

Services Bureau

Neighbourhood

Hubs - Caldwell

Health and Wellness

12:00 pm The Walk-

In Counselling Clinic

- Renfrew County

Collective (Arnprior

Crossroads - Child

Community Health

& Family Clinic

12:15 pm Entre

Filles - Vanier

1:00 pm Youth

Wellness Hub for

parents and care

givers - Walk-in

1:00 pm The Walk-

In Counselling Clinic

Community Support

1:30 pm The Walk-

In Counselling Clinic

- Nepean, Rideau &

5:00 pm Highschool

Expanding Horizons

Project and Somali

Parent Supports -

Community Health

6:30 pm Anger

Management

especially for

parents - Family

Services Ottawa

7:00 pm Triple P

7:00 pm SMART

Child - Valoris

Recovery for

Families and

Caregivers

6:00 pm Somali

Youth Support

Pinecrest

Centre

Queensway

Cornwall

- Inspire

Services

Osgoode

Community

Readiness -

Resource Centre

Centre

Health Team)

12:00 pm

12:00 pm SMART

12:00 pm The Walk-
In Counselling Clinic
- CFS/SFC Ottawa4:00 pm Youth Drop
In - Vanier
Community
Services Centre

4:30 pm Youth Drop in - Wabano Centre

6:00 pm Somali Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

			Group (age 13 to 16) - Expanding Horizons 6:30 pm Manage Life Stressors and Build Self- Compassion - COPE Well Groups 6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa 6:30 pm Triple P Children - Valoris 6:30 pm Drop in Support group for parents - PLEO		
26 7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 pm The Walk-In Counselling Clinic - Jewish Family Services 3:00 pm Managing intense emotions - virtual parenting groups	27 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 Brief Counselling Services - 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	28 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 Brief Counselling Services - 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 12:00 pm Walk-In Clinic - Youth Services Bureau			
	1:00 pm Drop In		1		

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