

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & 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 & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & 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 & 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 & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & 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 & 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 & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & 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 & 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 & 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			
5 7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 11:00 am Habilités Sociales (6 to 9 years) - Expanding Horizons 12:00 pm The Walk-In Counselling Clinic - Jewish Family Services 1:00 pm Habilités Sociales (6 to 9 years) - Expanding Horizons	6 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 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	7 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 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	8 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 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 9:30 am L'éveil des tout-petits - Vanier Community Services Centre	9 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 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	10 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 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 11:30 am Supporting your family's mental health	11 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

Wellness Hub for parents and caregivers - 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 psychosociale pour enfants et adolescents francophones	12:00 pm The Walk-In Counselling Clinic - Youth Services Bureau	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 SMART Recovery	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 Neighbourhood Health and Wellness Hubs - Caldwell	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 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)	
	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 pm Crossroads - Child & Family Clinic	
	1:30 pm Buns in the Oven - Vanier Community Health Centre	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 Support Groups - Open Doors for Lanark Children & Youth	1:00 pm Youth Wellness Hub for parents and caregivers - Walk-in Cornwall	
	6:00 pm Workshop - Communication (based on Triple P Stepping Stones) - Valois	1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington	1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services	
	6:00 pm Youth Support Services: The Human Trafficking Caregiver Support Group - YouTurn	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	
	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	3:00 pm Counselling Services - Vanier Community Service Centre	5:00 pm Highschool Readiness - Expanding Horizons	
	6:30 pm Parenting through high conflict separation and divorce - 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 Parenting with Confidence - Family Services Ottawa	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	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 - Valois	
			7:00 pm SMART Recovery for	

			<p>6:30 pm Social Skills 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 Triple P Children - Valoris</p> <p>6:30 pm Parenting through high conflict separation and divorce - Family Services Ottawa</p>	Families and Caregivers		
<p>12</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>11:00 am Habilités 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 Habilités Sociales (6 to 9 years) - Expanding Horizons</p> <p>3:00 pm Managing intense emotions - virtual parenting groups</p>	<p>13</p> <p>7:00 am Creating Opportunities & 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 & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & 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 Support - Open</p>	<p>14</p> <p>7:00 am Creating Opportunities & 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 & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & 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 Walk-In Clinic - Youth Services Bureau</p>	<p>15</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & 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 Embrun</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 & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:30 am L'éveil des</p>	<p>16</p> <p>7:00 am Creating Opportunities & 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 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & 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-</p>	<p>17</p> <p>7:00 am Creating Opportunities & 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 & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>11:30 am Supporting your family's mental health</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>4:00 pm Youth Drop In - Vanier</p>	<p>18</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p>

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 Queensway Community Health Centre	12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre	12:00 pm Drop in support group - Équipe psychosociale 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	
	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 Queensway Community Health Centre	1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre	1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre	
	6:30 pm Drop in Support group for parents - PLEO (ADHD focus)	3:00 pm Counselling Services - Vanier Community Service Centre	5:00 pm Highschool Readiness - Expanding Horizons	
	6:30 pm Parenting through high conflict separation and divorce - 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 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 Queensway Community Health Centre	7:00 pm Triple P Child - Valoris	
		6:30 pm Social Skills Group (age 13 to 16) - Expanding Horizons	7:00 pm SMART Recovery for Families and Caregivers	
		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 & 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 & 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 & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & 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 & 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 & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & 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 & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & 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 & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & 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 & 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 & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & 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>24</p> <p>7:00 am Creating Opportunities & 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 & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>11:30 am Supporting your family's mental health</p>	<p>25</p> <p>7:00 am Creating Opportunities & 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 psychosociale pour enfants et adolescents francophones	12:00 pm Walk-In Clinic - Youth Services Bureau	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 SMART Recovery	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 Neighbourhood Health and Wellness Hubs - Caldwell	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest
	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 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)	Queensway Community Health Centre
	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 pm Crossroads - Child & Family Clinic	
	1:30 pm Buns in the Oven - Vanier Community Health Centre	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 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 Somali Youth Support Project and Somali Parent Supports - Pinecrest	1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington	1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services	
	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 Parents and caregivers: manage big emotions while building a connection with your teen - Cope Well Group	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 Just for Dad's	4:30 pm Social Skills Group (age 5 to 8) - Expanding Horizons	Queensway Community Health Centre	
	6:30 pm Parenting for Connection - Family Services Ottawa	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>			
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<p>26</p> <p>7:00 am Creating Opportunities & 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 & 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 & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & 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 & 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 & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & 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>				
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Support - Open Doors for Lanark Children & Youth	Recovery			
1:30 pm Building resilience after Trauma - Family Services Ottawa	12:00 pm The Walk-In Counselling Clinic - Family Services 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 - South East Ottawa Community Centre			
6:00 pm Around the Rainbow - Transcend Youth Group - Family Services Ottawa	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			
	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			