

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p>	<p>2</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>6:00 pm Understanding and living with anxiety</p>	<p>3</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>5:00 pm Social Skills Group</p> <p>5:45 pm Anger management especially for parents</p> <p>6:00 pm Impact of separation and divorce on parents</p> <p>6:15 pm Social Skills Group</p> <p>6:30 pm Renfrew County Parent Support Group</p>	<p>4</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>5:00 pm SNAP (stop, no act, analyze, plan)</p> <p>5:30 pm Impact of separation and divorce on kids</p> <p>5:30 pm Regulating emotions</p> <p>5:45 pm Parenting through high conflict separation and divorce</p> <p>6:00 pm Stress and anxiety management</p> <p>6:00 pm Parents of children living with ADHD</p> <p>6:30 pm Drop-In Virtual Parent Support Group 13-25</p> <p>7:00 pm Virtual group for Parents of suicidal youth</p>	<p>5</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>5:30 pm The Brunch Bunch</p> <p>5:45 pm Parenting through high conflict separation and divorce</p> <p>6:30 pm Just for dads</p> <p>7:00 pm SMART Recovery family and friends</p>	<p>6</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>7:00 pm Sound Bath and Yoga with Falen Reid</p>	<p>7</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p>
<p>8</p> <p>9:00 am Daily walk-in counselling clinics across</p>	<p>9</p> <p>9:00 am Daily walk-in counselling clinics across</p>	<p>10</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p>	<p>11</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p>	<p>12</p> <p>9:00 am Daily groups for parents, caregivers, and</p>	<p>13</p> <p>9:00 am Daily groups for parents, caregivers, and</p>	<p>14</p> <p>9:00 am Daily walk-in counselling</p>

<p>Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p>	<p>Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>6:00 pm Understanding and living with anxiety</p> <p>7:00 pm Women's self care circle</p>	<p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>6:00 pm Impact of separation and divorce on parents</p> <p>6:15 pm Social Skills Group</p> <p>6:30 pm Virtual parent support group</p> <p>6:30 pm Just for dads</p>	<p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>5:00 pm SNAP (stop, no act, analyze, plan)</p> <p>5:30 pm Impact of separation and divorce on kids</p> <p>5:30 pm Regualting emotions</p> <p>6:00 pm Stress and anxiety management</p> <p>6:00 pm Parents of children living with ADHD</p> <p>6:30 pm Drop-In Virtual Parent Support Group 13-25</p> <p>7:00 pm Virtual group for Parents of suicidal youth</p>	<p>youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>5:30 pm The Brunch Bunch</p> <p>7:00 pm SMART Recovery family and friends</p>	<p>youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p>	<p>clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p>
<p>15</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p>	<p>16</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>6:00 pm Understanding and living with anxiety</p>	<p>17</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>5:00 pm Social Skills Group</p>	<p>18</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>1:30 pm Cafe Causerie</p>	<p>19</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>12:00 pm Counselling for</p>	<p>20</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>7:00 pm Sound bath awaken Dharma</p>	<p>21</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p>

		<p>5:45 pm Anger management especially for parents</p> <p>6:00 pm Impact of separation and divorce on parents</p> <p>6:15 pm Social Skills Group</p> <p>6:30 pm Just for dads</p>	<p>5:00 pm SNAP (stop, no act, analyze, plan)</p> <p>5:30 pm Impact of separation and divorce on kids</p> <p>5:30 pm Regualting emotions</p> <p>6:00 pm Stress and anxiety management</p> <p>6:00 pm Parents of children living with ADHD</p> <p>6:30 pm Drop-In Virtual Parent Support Group 13-25</p> <p>7:00 pm Virtual group for Parents of suicidal youth</p>	<p>youth, their parents and their caregivers</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>5:30 pm The Brunch Bunch</p> <p>6:30 pm Manotick and area parent support group</p> <p>7:00 pm SMART Recovery family and friends</p>	
<p>22</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>11:30 am Self-Regulation Sundays</p> <p>3:00 pm Self-Regulation Sundays</p>	<p>23</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>6:00 pm Understanding and living with anxiety</p>	<p>24</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>5:00 pm Social Skills Group</p> <p>5:45 pm Anger management especially for parents</p> <p>6:00 pm Impact of separation and divorce on parents</p> <p>6:15 pm Social Skills Group</p> <p>6:30 pm Parent and caregiver Information Session</p> <p>6:30 pm Just for dads</p>	<p>25</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>5:00 pm SNAP (stop, no act, analyze, plan)</p> <p>5:30 pm Impact of separation and divorce on kids</p> <p>5:30 pm Regualting emotions</p> <p>6:00 pm Stress and anxiety management</p> <p>6:00 pm Parents of children living with ADHD</p> <p>6:30 pm Drop-In Virtual Parent Support Group 13-25</p> <p>7:00 pm Virtual group for Parents of suicidal youth</p>	<p>26</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>5:30 pm The Brunch Bunch</p> <p>7:00 pm SMART Recovery family and friends</p>	<p>27</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Daily walk-in counselling clinics across Eastern Ontario</p> <p>9:00 am Cornwall Youth Wellness Hub - February 2026</p> <p>9:00 am Rockland Youth Wellness Hub - February 2026</p> <p>7:00 pm Breathwork with Krista Helman</p>

