

February 2026

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

Eastern Ontario	Eastern Ontario	9:00 am Rockland Youth Wellness Hub - February 2026	9:00 am Rockland Youth Wellness Hub - February 2026	youth	youth	clinics across Eastern Ontario
9:00 am Daily walk-in counselling clinics across Eastern Ontario	9:00 am Daily walk-in counselling clinics across Eastern Ontario	9:00 am Daily groups for parents, caregivers, and youth	9:00 am Daily groups for parents, caregivers, and youth	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario
9:00 am Daily walk-in counselling clinics across Eastern Ontario	9:00 am Daily walk-in counselling clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario
9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Rockland Youth Wellness Hub - February 2026	9:00 am Rockland Youth Wellness Hub - February 2026	9:00 am Rockland Youth Wellness Hub - February 2026	9:00 am Cornwall Youth Wellness Hub - February 2026	9:00 am Cornwall Youth Wellness Hub - February 2026
	6:00 pm Understanding and living with anxiety	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm
	7:00 pm Women's self care circle	5:00 pm Social Skills Group	5:00 pm SNAP (stop, no act, analyze, plan)	12:00 pm Counselling for youth, their parents and their caregivers		
		5:45 pm Anger management especially for parents	5:30 pm Impact of separation and divorce on kids	12:00 pm Counselling for youth, their parents and their caregivers		
		6:00 pm Impact of separation and divorce on parents	5:30 pm Regualting emotions	12:00 pm Counselling for youth, their parents and their caregivers		
		6:15 pm Social Skills Group	6:00 pm Stress and anxiety management	5:30 pm The Brunch Bunch		
		6:30 pm Virtual parent support group	6:00 pm Parents of children living with ADHD	7:00 pm SMART Recovery family and friends		
		6:30 pm Just for dads	6:30 pm Drop-In Virtual Parent Support Group 13-25			
			7:00 pm Virtual group for Parents of suicidal youth			
15	16	17	18	19	20	21
9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily groups for parents, caregivers, and youth	9:00 am Cornwall Youth Wellness Hub - February 2026	9:00 am Daily groups for parents, caregivers, and youth	9:00 am Daily groups for parents, caregivers, and youth	9:00 am Daily walk-in clinics across Eastern Ontario
9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Rockland Youth Wellness Hub - February 2026	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario	9:00 am Daily walk-in clinics across Eastern Ontario
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	9:00 am Rockland Youth Wellness Hub - February 2026	9:00 am Rockland Youth Wellness Hub - February 2026	9:00 am Daily	9:00 am Rockland Youth Wellness Hub - February 2026	9:00 am Cornwall Youth Wellness Hub - February 2026	9:00 am Cornwall Youth Wellness Hub - February 2026
	6:00 pm Understanding and living with anxiety	9:00 am Cornwall Youth Wellness Hub - February 2026	groups for parents, caregivers, and youth	9:00 am Cornwall Youth Wellness Hub - February 2026	9:00 am Rockland Youth Wellness Hub - February 2026	9:00 am Rockland Youth Wellness Hub - February 2026
		5:00 pm Social Skills Group	1:30 pm Cafe Causerie	12:00 pm Counselling for	7:00 pm Sound bath awaken Dharma	

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

