

March 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 Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Crossroads - Child & Family Clinic</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</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 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 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>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</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 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 Embrun</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>11:00 am Attachment group</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 Community Services Centre</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>

			<p>support - Children's mental health of Leeds & Grenville</p> <p>12:00 pm Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>4:00 pm Building Excellence in Stress Management - COPE Well Groups</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</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>6:30 pm Manage Life Stressors and Build Self-Compassion - COPE Well Groups</p>	<p>- CFS/SFC Ottawa</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:00 pm Crossroads - Child & Family Clinic</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>5:00 pm Highschool Readiness - Expanding Horizons</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:00 pm Youth Drop Ins and Fall 2023 Groups - Youth Net</p> <p>6:30 pm Anger Management especially for parents - Family Services Ottawa</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p> <p>7:00 pm Triple P Activity - Discussion Group: Coping with teenagers emotions - Valoris</p> <p>7:00 pm Triple P Child - Valoris</p>	<p>4:30 pm Youth Drop in - Wabano Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	
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5	6	7	8	9	10	11
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 (CORATH) - Roberts Smart Centre
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 Succès - Vanier Community Services Centre	9:00 am Counselling Services - Vanier Community Service Centre	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa
3:00 pm Managing intense emotions - virtual parenting groups	9:00 am Franc Succès - Vanier Community Services Centre	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 Succès - Vanier Community Services 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 Crossroads - Child & Family Clinic	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest	
	9:00 am School Based Counselling - 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 Brief Counselling Services - Open Doors for Lanark Children & Youth	Queensway Community Health Centre	
	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 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria	
	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria	
	Queensway Community Health Centre	Queensway Community Health Centre	9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury	Queensway Community Health Centre	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	
	11:00 am Walk-In Clinic - Le Cap	10:00 am Baby Love - Bethany Hope Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest	10:00 am Nobody's Perfect - Bethany Hope Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	
	1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	Queensway Community Health Centre	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	
	1:30 pm Building resilience after Trauma - Family Services Ottawa	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	11:00 am Attachment group	
	4:00 pm Youth 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	11:30 am Supporting your family's mental health	
	6:00 pm Somali	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	12:00 pm Drop in	11:30 am E-walk-in Counselling Clinic	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	

	<p>Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm Drop In Support - Open Doors for Lanark Children & Youth</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Parenting for Connection - Family Services Ottawa</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 Just for Dad's</p>	<p>support group - Équipe psycho-sociale pour enfants et adolescents francophones</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Support Groups - Open Doors for Lanark Children & Youth</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>4:00 pm Building Excellence in Stress Management - COPE Well Groups</p> <p>4:00 pm Emotional Regulation Group</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Manage Life Stressors and Build Self-Compassion - COPE Well Groups</p>	<p>12:00 pm Crossroads - Child & Family Clinic</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>5:00 pm Highschool Readiness - Expanding Horizons</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p> <p>7:00 pm Triple P Child - Valoris</p>	<p>3:00 pm Junior DBT Skills Family Group</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 - Pinecrest Queensway Community Health Centre</p>	
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 (CORATH) - Roberts Smart Centre
12:00 pm The Walk-In Counselling Clinic - Jewish Family Services	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Counselling Services - Vanier Community Service Centre	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Franc Succès - Vanier Community Services Centre	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa
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 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 Crossroads - Child & Family Clinic	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	
	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 Youth Wellness Hub for Youth - Walk-in Hawkesbury	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	
	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	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	
	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	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 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	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	10:00 am Nobody's Perfect - Bethany Hope Centre	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	
	11:00 am Walk-In Clinic - Le Cap	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	11:00 am Attachment group	
	1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	12:00 pm Walk-In Clinic - Youth Services Bureau	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland	11:30 am Supporting your family's mental health	
	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm SMART Recovery	9:30 am L'éveil des tout-petits - Vanier Community Services Centre	11:30 am The Walk-In Counselling Clinic - Renfrew County	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	
	3:00 pm DBT Skills Family Group	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am E-walk-in Counselling Clinic	3:00 pm Junior DBT Skills Family Group	
	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 -	12:00 pm Thoughts, Feelings and Emotions - Know the difference to improve your	4:00 pm Youth Drop In - Vanier Community Services Centre	
					4:30 pm Youth Drop in - Wabano Centre	

	Queensway Community Health Centre	<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 & 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 Just for Dad's</p>	<p>Équipe psycho-sociale pour enfants et adolescents francophones</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>4:00 pm Building Excellence in Stress Management - COPE Well Groups</p> <p>4:00 pm Emotional Regulation Group</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>wellbeing</p> <p>12:00 pm Crossroads - Child & Family Clinic</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>	<p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</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>20</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>21</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>22</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>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>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>25</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The</p>

3:00 pm Managing intense emotions - virtual parenting groups	9:00 am Franc Succès - Vanier Community Services Centre	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 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	9:00 am Crossroads - Child & Family Clinic	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria	
	9:00 am School Based Counselling - 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	Queensway Community Health Centre	9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria	
	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 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	
	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	Queensway Community Health Centre	
	Queensway Community Health Centre	Queensway Community Health Centre	9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	
	11:00 am Walk-In Clinic - Le Cap	10:00 am Baby Love - Bethany Hope Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest	10:00 am Nobody's Perfect - Bethany Hope Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	
	1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	Queensway Community Health Centre	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	
	3:00 pm DBT Skills Family Group	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	11:00 am Attachment group	
	4:00 pm Youth 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	11:30 am Supporting your family's mental health	
	6:00 pm Somali Youth Support Project and Somali	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	12:00 pm Drop in	11:30 am E-walk-in Counselling Clinic	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	

	Parent Supports - Pinecrest Queensway Community Health Centre	<p>12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm Drop In Support - Open Doors for Lanark Children & Youth</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Just for Dad's</p>	<p>support group - Équipe psycho-sociale pour enfants et adolescents francophones</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Support Groups - Open Doors for Lanark Children & Youth</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook</p> <p>2:30 pm Eating Disorders Support Group</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>4:00 pm Emotional Regulation Group</p> <p>4:00 pm Building Excellence in Stress Management - COPE Well Groups</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</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</p>	<p>12:00 pm Thoughts, Feelings and Emotions - Know the difference to improve your wellbeing</p> <p>12:00 pm Crossroads - Child & Family Clinic</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>	<p>3:00 pm Junior DBT Skills Family Group</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 - Pinecrest Queensway Community Health Centre</p>	
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26	27	28	29	30	31
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
12:00 pm The Walk-In Counselling Clinic - Jewish Family Services	9:00 am Franc Succès - Vanier Community Services Centre	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 Succès - Vanier Community Services Centre
	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 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 Crossroads - Child & Family Clinic	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest
	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 Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest
	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	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Youth Wellness Hub for Youth - Walk-in Embrun
	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth
	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Early Learning and Parenting Workshops - Pinecrest	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	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth
	9:00 am Early Learning and Parenting Workshops - Pinecrest	10:00 am Baby Love - Bethany Hope Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	10:00 am Nobody's Perfect - Bethany Hope Centre	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth
	11:00 am Walk-In Clinic - Le Cap	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	11:30 am Supporting your family's mental health
	1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	12:00 pm Walk-In Clinic - Youth Services Bureau	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa
	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm SMART Recovery	9:30 am L'éveil des tout-petits - Vanier Community Services Centre	11:30 am The Walk-In Counselling Clinic - Renfrew County	3:00 pm Junior DBT Skills Family Group
	3:00 pm DBT Skills Family Group	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am E-walk-in Counselling Clinic	4:00 pm Youth Drop In - Vanier Community Services Centre
	6:00 pm Around the Rainbow - Transcend Youth Group - Family Services Ottawa	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 Crossroads - Child & Family Clinic	4:30 pm Youth Drop in - Wabano Centre
	6:00 pm Somali Youth Support Project and Somali Parent Supports -	12:00 pm The Walk-In Counselling Clinic - Somerset West Community		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 SMART Recovery	Queensway Community Health

	<p>Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Positive Discipline - group for parents</p>	<p>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 & 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 Just for Dad's</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>12:00 pm The Walk- In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm The Walk- In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk- In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre</p> <p>2:30 pm Eating Disorders Support Group</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>4:00 pm Emotional Regulation Group</p> <p>4:00 pm Building Excellence in Stress Management - COPE Well Groups</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm The Walk- In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm The Walk- In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk- In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p> <p>7:00 pm Triple P Activity - Discussion Group: Building teenagers survival skills - Valoris</p>	<p>Centre</p>	
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