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

Generated May 12, 2025

March 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
			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	(CORATH) Roberts Smart Centr 12:00 pm Tl
			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	Walk-In Counselling Clinic - Family Services
			9:00 am Crossroads - Child & Family Clinic 9:00 am Brief	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Early Learning and Parenting Workshops - Pinecrest	Ottawa 1:00 pm Around The Rainbow Ar
			Counselling Services - Open Doors for Lanark Children & Youth	Queensway Community Health Centre 9:00 am Talk-In	Queensway Community Health Centre 9:00 am Youth	& Play Droj In Group - Family Services Ottawa
			9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	Single Sessions - Open Doors for Lanark Children & Youth	Wellness Hub for Youth - Walk-in Embrun 9:00 am Talk-In	
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			9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	Counselling Services - Open Doors for Lanark Children & Youth	
			9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	10:00 am Nobody's Perfect - Bethany Hope Centre 10:00 am Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	
			9:00 am Early Learning and Parenting Workshops -	Wellness Hub for Youth - Walk-in Cornwall	11:00 am Attachment group 11:30 am Supporting	
			Pinecrest Queensway Community Health Centre	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland	your family's mental health 12:00 pm The Walk- In Counselling Clinic	
			9:30 am L'éveil des tout-petits - Vanier Community Services Centre	11:30 am The Walk- In Counselling Clinic - Renfrew County	- CFS/SFC Ottawa 4:00 pm Youth Drop In - Vanier	
			11:00 am Drop in	12:00 pm The Walk- In Counselling Clinic	Community Services Centre	

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Parent Supports -
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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

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Wellness Centre

- Jewish Family

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Services

Centre

Hubs - ACB

Health and Wellness

12:00 pm The Walk-

In Counselling Clinic

12:00 pm The Walk-

In Counselling Clinic

Community Health

12:00 pm Youth

Wellness Hub for

1:00 pm The Walk-

In Counselling Clinic

- North Renfrew

Family Services

1:00 pm Support

Doors for Lanark

Children & Youth

Neighbourhood

Heatherington

Neighbourhood

Health and Wellness

Hubs - St. Laurent

3:00 pm Counselling

Services - Vanier

Health and Wellness

1:00 pm

Hubs -

1:00 pm

Overbrook

Groups - Open

Youth - Walk-in

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12:00 pm

sociale pour enfants

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Crossroads - Child

12:00 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

Health Team)

12:15 pm Entre

Community Health

Filles - Vanier

1:00 pm Youth

Wellness Hub for

parents and care

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In Counselling Clinic

Community Support

1:30 pm The Walk-

In Counselling Clinic

- Nepean, Rideau &

Cornwall

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Community

Readiness -

Resource Centre

5:00 pm Highschool

Expanding Horizons

Project and Somali

Community Health

7:00 pm SMART

Parent Supports -

6:00 pm Somali

Youth Support

Pinecrest Queensway

Centre

Centre

Collective (Arnprior

12:00 pm SMART

& Family Clinic

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

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

6:30 pm Parenting for Connection -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

14

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

4:00 pm Emotional **Regulation Group**

5:30 pm Dad's matter - Bethany Hope Centre 6:00 pm Somali

Youth Support

Project and Somali

Parent Supports -Pinecrest Queensway Community Health

6:30 pm Manage Life Stressors and Build Self-

Compassion - COPE Well Groups

Child - Valoris

16

Caregivers

Recovery for

Families and

7:00 pm Triple P

Skills Family Group 4:00 pm Youth Drop In - Vanier

3:00 pm Junior DBT

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

Centre

17

7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 pm The Walk-In Counselling	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 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 Franc Succès - Vanier	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts
Clinic - Jewish Family Services	Community Services Centre	Community Service Centre	Community Services Centre	Community Service Centre	Community Services Centre	Smart Centre 12:00 pm The Walk-In
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3:00 pm Managing intense emotions virtual parenting groups 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 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

3:00 pm DBT Skills Family Group

4:00 pm Youth Wellness Hub for parents and care givers - Walk-in Rockland

6:00 pm Somali Youth Support Project and Somali 9:00 am Counselling Services - Vanier Community Service 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

12:00 pm SMART Recovery 12:00 pm Walk-In

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9:00 am School Based Counselling -Open Doors for Lanark Children & Youth

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

11:30 am The Walk-In Counselling Clinic - Renfrew County

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9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria

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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

11:00 am Attachment group

11:30 am Supporting your family's mental health

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

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 - 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

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

6:30 pm Just for Dad's 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

2:30 pm Eating Disorders Support Group

3:00 pm Counselling Services - Vanier Community Service Centre

4:00 pm Emotional Regulation Group

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

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 Drop in Support group for parents - PLEO 12:00 pm Thoughts, Feelings and Emotions - Know the difference to improve your wellbeing

12:00 pm Crossroads - Child & Family Clinic

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)

12:15 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

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 3:00 pm Junior DBT Skills Family Group

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

26	27	28	29	30	31
7:00 am Creating	7:00 am Creating	7:00 am Creating	7:00 am Creating	7:00 am Creating	7:00 am Creating
Opportunities &	Opportunities &	Opportunities &	Opportunities &	Opportunities &	Opportunities &
Resources Against	Resources Against	Resources Against	Resources Against	Resources Against	Resources Against
the Trafficking of	the Trafficking of	the Trafficking of	the Trafficking of	the Trafficking of	the Trafficking of
Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	Humans (CORATH)
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Centre	Centre	Centre	Centre	Centre	Centre
12:00 pm The	9:00 am Franc	9:00 am Counselling	9:00 am Franc	9:00 am Counselling	9:00 am Franc
Walk-In Counselling	Succès - Vanier	Services - Vanier	Succès - Vanier	Services - Vanier	Succès - Vanier
Clinic - Jewish	Community	Community Service	Community Services	Community Service	Community
Family Services	Services Centre	Centre	Centre	Centre	Services Centre
	9:00 am Counselling	9:00 am Franc	9:00 am Counselling	9:00 am Franc	9:00 am Counselling
	Services - Vanier	Succès - Vanier	Services - Vanier	Succès - Vanier	Services - Vanier
	Community Service	Community	Community Service	Community	Community Service
	Centre	Services Centre	Centre	Services Centre	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 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 1:00 pm Drop In Support - Open Doors for Lanark Children & Youth 3:00 pm DBT Skills Family Group 6:00 pm Around the Rainbow - Transcend Youth Group - Family 	 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 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 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 	 9:00 am Crossroads - Child & Family Clinic 9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury 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 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 9:30 am L'éveil des tout-petits - Vanier Community Services Centre 11:00 am Drop in support - Children's mental health of Leeds & Grenville 12:00 pm Drop in 	 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 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 Cornwall 11:30 am The Walk- in Counselling Clinic - Renfrew County 11:30 am E-walk-in Counselling Clinic 2:00 pm Crossroads - Child & Family Clinic 	 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 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 School Based Counselling - Open Doors for Lanark Children & Youth 11:30 am Supporting your family's mental health 12:00 pm The Walk- In Counselling Clinic - CFS/SFC Ottawa 3:00 pm Junior DBT Skills Family Group 4:00 pm Youth Drop In - Vanier Community Services Centre 4:30 pm Youth Drop in - Wabano Centre 6:00 pm Somali
	6:00 pm Somali Youth Support Project and Somali Parent Supports -	Centre 12:00 pm The Walk- In Counselling Clinic - Somerset West Community	12:00 pm Drop in support group - Équipe psycho- sociale pour enfants et adolescents francophones	12:00 pm The Walk- In Counselling Clinic - CFS/SFC Ottawa 12:00 pm SMART Recovery	Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health

Pinecrest	Centre	12:00 pm The Walk-	12:00 pm Walk-In	Centre	
Queensway		In Counselling Clinic	Clinic - Youth		
Community Health	12:00 pm Youth Wellness Hub for	- Centretown	Services Bureau		
Centre	Youth - Walk-in	Community Health	12.00 mm The Wells		
6:30 pm Positive	Cornwall	Centre	12:00 pm The Walk- In Counselling Clinic		
Discipline - group		12:00 pm The Walk-	- Renfrew County		
for parents	1:30 pm Buns in the	In Counselling Clinic	Collective (Arnprior		
-	Oven - Vanier	- Jewish Family	Health Team)		
	Community Health Centre	Services	10.15 E		
	Cenue	12:00 pm Youth	12:15 pm Entre		
	4:00 pm LGBTQ2S	Wellness Hub for	Filles - Vanier Community Health		
	Support Group -	Youth - Walk-in	Contre		
	Open Doors for	Cornwall			
	Lanark Children & Youth	1.00 mm The Wells	1:00 pm The Walk-		
	1 OUUI	1:00 pm The Walk- In Counselling Clinic	In Counselling Clinic		
	6:00 pm Somali	- North Renfrew	- Inspire Community Support		
	Youth Support	Family Services	Services		
	Project and Somali	-			
	Parent Supports -	1:00 pm Naighbourhood	1:30 pm The Walk-		
	Pinecrest Queensway	Neighbourhood Health and Wellness	In Counselling Clinic		
	Community Health	Hubs -	- Nepean, Rideau & Osgoode		
	Centre	Heatherington	Community		
	(20	-	Resource Centre		
	6:30 pm Drop in	1:00 pm			
	Support group for parents - PLEO	Neighbourhood Health and Wellness	6:00 pm Somali		
	(ADHD focus)	Hubs - Pinecrest	Youth Support		
		Queensway	Project and Somali Parent Supports -		
	6:30 pm Just for	Community Health	Pinecrest		
	Dad's	Centre	Queensway		
	6:30 pm Coping	2:30 pm Eating	Community Health		
	with Grief - ages 8	Disorders Support	Centre		
	to 12	Group	7:00 pm SMART		
	6:30 pm Coping	2.00	Recovery for		
	with Grief - ages 13	3:00 pm Counselling Services - Vanier	Families and		
	to 16	Community Service	Caregivers		
		Continuinty Service	7:00 pm Triple P		
			Activity -		
		4:00 pm Emotional	Discussion Group:		
		Regulation Group	Building teenagers		
		4:00 pm Building	survival skills -		
		Excellence in Stress	Valoris		
		Management -			
		COPE Well Groups			
		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			
		Cenue			

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