

Monday, March 4, 2024

Beyond the Baby Blues

Date and Time: Monday, March 4 10:00 am - 12:00 pm

Address: Parent Resource Centre, 300 Goulburn Avenue, Ottawa, ON, K1N 1C9

No group on February 19, March 11 or April 1. Are you experiencing post partum distress, depression and/or anxious moods during pregnancy, after birth or adoption of your baby? In this 8 week group, you will learn and practice tools for coping with post partum depression and/or anxiety, stress and emotions. Develop skills to relax and increase positive thoughts while decreasing negative thoughts. Develop skills to think less about the past and feel less anxious about the future. *Participation is by self-referral. Onsite childcare is available.*

Youth Net - Pens and Paints

Date and Time: Monday, March 4 6:00 pm - 8:00 pm

Address: 2305 St. Laurent Blvd, unit 300 B

Learn new ways to cope with stress and express yourself through art: painting, drawing, sculpture, poetry and more. Free program for youth 13 to 20 years of age.

Tuesday, March 5, 2024

Parenting through high conflict separation and divorce

Date and Time: Tuesday, March 5 6:00 pm - 8:00 pm

Address: Family Services Ottawa

Separation and divorce is stressful and impacts the whole family.

This six-week course is for parents of children of all ages who are experiencing a high conflict separation or divorce. With the guidance and knowledge of a qualified facilitator, parents will explore concrete ways to deal with high stress situations between themselves and the co-parent, how parent conflict affects children and how to minimize your child's exposure to conflict.

There is telephone registration to ensure co-parents are not registered in the same course and can experience a safe place to share and receive support.

\$350.00 (limited subsidies available)

PFLAG Canada - Peer Support Meetings

Date and Time: Tuesday, March 5 6:30 pm - 7:30 pm

Address: 464 Isabella Street, Room 203 (use Munro Street entrance)

Peer support for 2SLGBTQ+. Pembroke - First tuesday of the month from 6:30 to 7:30 PM. Zoom option available.

Parenting for Connection

Date and Time: Tuesday, March 5 6:30 pm - 8:30 pm

Address: zoom

\$175.00 per person or \$325.00 per couple

Parenting is hard but learning more about child behaviour and development and the ways to strengthen the parent/child relationship can help make parenting less stressful and more rewarding.

This five-week course is for parents of 0-12 year olds. With the guidance and knowledge of a qualified parent educator, parents can share their challenges, share helpful information and learn effective parenting strategies.

Just for dad's

Date and Time: Tuesday, March 5 6:30 pm - 8:30 pm

Address: zoom

\$0.00 for CAS clients / \$175.00 for non-CAS client

Fathers matter. Children with involved fathers are more likely to do better in school, handle stress better and get along better with others. This group offers dads a safe space to learn from one another and get parenting information.

Wednesday, March 6, 2024

Youth Net - Winter Wellness

Date and Time: Wednesday, March 6 5:00 pm - 9:00 pm

Address: 2305 St. Laurent Blvd., Unit 300 B

Join us for fun outdoor activities, make new connections and stay active this winter. Showshoeing, skiing and more! Free for ages 13 to 20.

Thursday, March 7, 2024

Managing big emotions

Date and Time: Thursday, March 7 9:30 am - 11:00 am

Address: Zoom

Managing the Big Emotions - Therapeutic Workshop for Caregivers.

A FREE three-week parent/caregiver support group to enhance communication and connection between parents/caregivers and their children.

Rooted in Emotion-Focused Family Therapy, this is a hands-on group where parents/caregivers will be learning from their experiences and practicing foundational tools. The focus will be on strengthening co-parenting skills, learning strategies to support your child's emotion processing skills, and understanding your unique barriers in developing healthier relationships with your children.

Project Art

Date and Time: Thursday, March 7 10:00 am - 12:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

Creativity and art workshop for 12 weeks. This workshop is free and supplies are provided. For people living with mental health challenges who do not want to be defined by them.

Social skills groups for kids (age 9 to 11)

Date and Time: Thursday, March 7 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

\$500.00 per child for the 8 sessions. No group on March 14, 2024

An 8-week (1.5 hours each session) social skills group for kids and their parents/guardians focused on helping young people to break down barriers in making friends and socializing. In addition to these important skills, the group provides parents/guardians with a unique opportunity to connect with their children, learn about their thoughts and feelings, and support their growth and development.

To participate we request parents/guardians to complete a 30-minute screening interview to determine if this group is a good fit for their child, commit to attend all 8 sessions and join each session for the last 20 minutes.

Parenting through high conflict separation and divorce

Date and Time: Thursday, March 7 6:00 pm - 8:00 pm

Address: Family Services Ottawa

Separation and divorce is stressful and impacts the whole family.

This six-week course is for parents of children of all ages who are experiencing a high conflict separation or divorce. With the guidance and knowledge of a qualified facilitator, parents will explore concrete ways to deal with high stress situations between themselves and the co-parent, how parent conflict affects children and how to minimize your child's exposure to conflict.

There is telephone registration to ensure co-parents are not registered in the same course and can experience a safe place to share and receive support.

\$350.00 (limited subsidies available)

Monday, March 11, 2024

Beyond the Baby Blues

Date and Time: Monday, March 11 10:00 am - 12:00 pm

Address: Parent Resource Centre, 300 Goulburn Avenue, Ottawa, ON, K1N 1C9

No group on February 19, March 11 or April 1. Are you experiencing post partum distress, depression and/or anxious moods during pregnancy, after birth or adoption of your baby? In this 8 week group, you will learn and practice tools for coping with post partum depression and/or anxiety, stress and emotions. Develop skills to relax and increase positive thoughts while decreasing negative thoughts. Develop skills to think less about the past and feel less anxious about the future. *Participation is by self-referral.* **Onsite childcare is available.**

Youth Net - Pens and Paints

Date and Time: Monday, March 11 6:00 pm - 8:00 pm

Address: 2305 St. Laurent Blvd, unit 300 B

Learn new ways to cope with stress and express yourself through art: painting, drawing, sculpture, poetry and more. Free program for youth 13 to 20 years of age.

Tuesday, March 12, 2024

Just for dad's

Date and Time: Tuesday, March 12 6:30 pm - 8:30 pm

Address: zoom

\$0.00 for CAS clients / \$175.00 for non-CAS client

Fathers matter. Children with involved fathers are more likely to do better in school, handle stress better and get along better with others. This group offers dads a safe space to learn from one another and get parenting information.

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Wednesday, March 13, 2024

Beyond the Baby Blues - 2SLGBTQIA+Families

Date and Time: Wednesday, March 13 9:30 am - 11:30 am

Address: zoom

Free group. 7 weeks online group aims to support parents by providing a space to connect about perinatal mental health, parenting anxiety and the changes that come with being a parent. This group is specific to families identifying as 2SLGBTQIA+ in order to provide a space that addresses the unique challenges Queer and/or Trans parents face. This group is open to all forms of parenting and family formations. **Participation is by self-referral. Registration or inquiries:**

parenting@familyservicesottawa.org

kmontague@familyservicesottawa.org

Youth Net - Winter Wellness

Date and Time: Wednesday, March 13 5:00 pm - 9:00 pm

Address: 2305 St. Laurent Blvd., Unit 300 B

Join us for fun outdoor activities, make new connections and stay active this winter. Showshoeing, skiing and more! Free for ages 13 to 20.

Thursday, March 14, 2024

Project Art

Date and Time: Thursday, March 14 10:00 am - 12:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

Creativity and art workshop for 12 weeks. This workshop is free and supplies are provided. For people living with mental health challenges who do not want to be defined by them.

Social skills groups for kids (age 9 to 11)

Date and Time: Thursday, March 14 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

\$500.00 per child for the 8 sessions. No group on March 14, 2024

An 8-week (1.5 hours each session) social skills group for kids and their parents/guardians focused on helping young people to break down barriers in making friends and socializing. In addition to these important skills, the group provides parents/guardians with a unique opportunity to connect with their children, learn about their thoughts and feelings, and support their growth and development.

To participate we request parents/guardians to complete a 30-minute screening interview to determine if this group is a good fit for their child, commit to attend all 8 sessions and join each session for the last 20 minutes.

Monday, March 18, 2024

Beyond the Baby Blues

Date and Time: Monday, March 18 10:00 am - 12:00 pm

Address: Parent Resource Centre, 300 Goulburn Avenue, Ottawa, ON, K1N 1C9

No group on February 19, March 11 or April 1. Are you experiencing post partum distress, depression and/or anxious moods during pregnancy, after birth or adoption of your baby? In this 8 week group, you will learn and practice tools for coping with post partum depression and/or anxiety, stress and emotions. Develop skills to relax and increase positive thoughts while decreasing negative thoughts. Develop skills to think less about the past and feel less anxious about the future. *Participation is by self-referral. Onsite childcare is available.*

Youth Net - Pens and Paints

Date and Time: Monday, March 18 6:00 pm - 8:00 pm

Address: 2305 St. Laurent Blvd, unit 300 B

Learn new ways to cope with stress and express yourself through art: painting, drawing, sculpture, poetry and more. Free program for youth 13 to 20 years of age.

Tuesday, March 19, 2024

Just for dad's

Date and Time: Tuesday, March 19 6:30 pm - 8:30 pm

Address: zoom

\$0.00 for CAS clients / \$175.00 for non-CAS client

Fathers matter. Children with involved fathers are more likely to do better in school, handle stress better and get along better with others. This group offers dads a safe space to learn from one another and get parenting information.

Parenting with confidence

Date and Time: Tuesday, March 19 6:30 pm - 8:30 pm

Address: zoom

For clients of the Children's Aid Society. \$0.00.

This course explores the challenges and opportunities of parenting children who are between the ages of 6 and 16 years old. The workshops are highly interactive and the participants will have an opportunity to learn specific techniques while being given a chance to practice them in a supportive way.

This 10 week group is for families who are involved with Children's Aid Society of Ottawa. This group is for parents who are now caring for their children or who are expecting to be caring for their child in the near future.

Topics include: stress management, child development, effective discipline, health and safety, managing anger, successful communication, impact of abuse on children, problem solving, and building self-esteem.

Wednesday, March 20, 2024

Beyond the Baby Blues - 2SLGBTQIA+Families

Date and Time: Wednesday, March 20 9:30 am - 11:30 am

Address: zoom

Free group. 7 weeks online group aims to support parents by providing a space to connect about perinatal mental health, parenting anxiety and the changes that come with being a parent. This group is specific to families identifying as 2SLGBTQIA+ in order to provide a space that addresses the unique challenges Queer and/or Trans parents face. This group is open to all forms of parenting and family formations. **Participation is by self-referral. Registration or inquiries:**

parenting@familyservicesottawa.org

kmontague@familyservicesottawa.org

Thursday, March 21, 2024

Project Art

Date and Time: Thursday, March 21 10:00 am - 12:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

Creativity and art workshop for 12 weeks. This workshop is free and supplies are provided. For people living with mental health challenges who do not want to be defined by them.

Social Skills Group for kids (9 to 11 years)

Date and Time: Thursday, March 21 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

An 8-week (1.5 hours each session) social skills group for kids aged 9 to 11 and their parents/guardians focused on helping young people to break down barriers in making friends and socializing.

Social skills groups for kids (age 9 to 11)

Date and Time: Thursday, March 21 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

\$500.00 per child for the 8 sessions. No group on March 14, 2024

An 8-week (1.5 hours each session) social skills group for kids and their parents/guardians focused on helping young people to break down barriers in making friends and socializing. In addition to these important skills, the group provides parents/guardians with a unique opportunity to connect with their children, learn about their thoughts and feelings, and support their growth and development.

To participate we request parents/guardians to complete a 30-minute screening interview to determine if this group is a good fit for their child, commit to attend all 8 sessions and join each session for the last 20 minutes.

Monday, March 25, 2024

Beyond the Baby Blues

Date and Time: Monday, March 25 10:00 am - 12:00 pm

Address: Parent Resource Centre, 300 Goulburn Avenue, Ottawa, ON, K1N 1C9

No group on February 19, March 11 or April 1. Are you experiencing post partum distress, depression and/or anxious moods during pregnancy, after birth or adoption of your baby? In this 8 week group, you will learn and practice tools for coping with post partum depression and/or anxiety, stress and emotions. Develop skills to relax and increase positive thoughts while decreasing negative thoughts. Develop skills to think less about the past and feel less anxious about the future. *Participation is by self-referral. Onsite childcare is available.*

Youth Net - Pens and Paints

Date and Time: Monday, March 25 6:00 pm - 8:00 pm

Address: 2305 St. Laurent Blvd, unit 300 B

Learn new ways to cope with stress and express yourself through art: painting, drawing, sculpture, poetry and more. Free program for youth 13 to 20 years of age.

Tuesday, March 26, 2024

Youth Services Bureau Walk-In Clinic

Date and Time: Tuesday, March 26 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Just for dad's

Date and Time: Tuesday, March 26 6:30 pm - 8:30 pm

Address: zoom

\$0.00 for CAS clients / \$175.00 for non-CAS client

Fathers matter. Children with involved fathers are more likely to do better in school, handle stress better and get along better with others. This group offers dads a safe space to learn from one another and get parenting information.

Parenting with confidence

Date and Time: Tuesday, March 26 6:30 pm - 8:30 pm

Address: zoom

For clients of the Children's Aid Society. \$0.00.

This course explores the challenges and opportunities of parenting children who are between the ages of 6 and 16 years old. The workshops are highly interactive and the participants will have an opportunity to learn specific techniques while being given a chance to practice them in a supportive way.

This 10 week group is for families who are involved with Children's Aid Society of Ottawa. This group is for parents who are now caring for their children or who are expecting to be caring for their child in the near future.

Topics include: stress management, child development, effective discipline, health and safety, managing anger,

successful communication, impact of abuse on children, problem solving, and building self-esteem.

Wednesday, March 27, 2024

Child & Family Clinic

Date and Time: Wednesday, March 27 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.

Beyond the Baby Blues - 2SLGBTQIA+Families

Date and Time: Wednesday, March 27 9:30 am - 11:30 am

Address: zoom

Free group. 7 weeks online group aims to support parents by providing a space to connect about perinatal mental health, parenting anxiety and the changes that come with being a parent. This group is specific to families identifying as 2SLGBTQIA+ in order to provide a space that addresses the unique challenges Queer and/or Trans parents face. This group is open to all forms of parenting and family formations. **Participation is by self-referral. Registration or inquiries:**

parenting@familyservicesottawa.org

kmontague@familyservicesottawa.org

Youth Net - Chronic Pain Connect

Date and Time: Wednesday, March 27 6:00 pm - 8:00 pm

Address: virtual

Join our monthly peer support virtual drop in group for youth (age 13 to 20) in the Ottawa area living with chronic pain/illness. **January 24, February 28, March 27 and April 24, 2024.**

PFLAG Canada - Peer Support Meetings

Date and Time: Wednesday, March 27 7:00 pm - 8:00 pm

Address: Connections Centre - 161 Raglan Street South, Renfrew

Peer support for 2SLGBTQ+. Renfrew - 4th Wednesday of the month from 7:00 to 8:00 pm. Zoom option available.

Thursday, March 28, 2024

Project Art

Date and Time: Thursday, March 28 10:00 am - 12:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

Creativity and art workshop for 12 weeks. This workshop is free and supplies are provided. For people living with mental health challenges who do not want to be defined by them.

Child & Family Clinic

Date and Time: Thursday, March 28 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, March 28 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, March 28 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

Social Skills Group for kids (9 to 11 years)

Date and Time: Thursday, March 28 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

An 8-week (1.5 hours each session) social skills group for kids aged 9 to 11 and their parents/guardians focused on helping young people to break down barriers in making friends and socializing.

Social skills groups for kids (age 9 to 11)

Date and Time: Thursday, March 28 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

\$500.00 per child for the 8 sessions. No group on March 14, 2024

An 8-week (1.5 hours each session) social skills group for kids and their parents/guardians focused on helping young people to break down barriers in making friends and socializing. In addition to these important skills, the group provides parents/guardians with a unique opportunity to connect with their children, learn about their thoughts and feelings, and support their growth and development.

To participate we request parents/guardians to complete a 30-minute screening interview to determine if this group is a good fit for their child, commit to attend all 8 sessions and join each session for the last 20 minutes.

Youth Net - Monthly Pop Up

Date and Time: Thursday, March 28 6:00 pm - 8:00 pm

Address: Youth Net

Join us for our monthly pop up events at youth net. Each month we will be trying out different types of coping strategies from yoga/mindfulness, journaling, creative arts and much more! FREE for Ottawa area youth (ages 13 to 20).

Pre-registration is required for EACH session. **January 25, February 29, March 28 and April 25, 2024.**

<https://calendar.kidscomefirst.ca>