

Sunday, March 1, 2026

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Sunday, March 1 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Sunday, March 1 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Sunday, March 1 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Self-Regulation Sundays

Date and Time: Sunday, March 1 11:30 am - 2:30 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 5 to 8

A 3-day program, designed to guide participants through managing big emotions, understanding their body cues and choosing appropriate strategies.

Self-Regulation Sundays

Date and Time: Sunday, March 1 3:00 pm - 6:00 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 9 to 12

A 3-day program, designed to guide participants through managing big emotions, understanding their body cues and choosing appropriate strategies.

Monday, March 2, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Monday, March 2 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Monday, March 2 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Monday, March 2 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Monday, March 2 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Understanding and living with anxiety

Date and Time: Monday, March 2 6:00 pm - 7:45 pm

Address: 310 Olmstead Street, Ottawa

Cost \$300.00 (subsidies available upon request)

Learn about

- What is happening in my brain and body when I have anxiety?
- What strengths do I already have?
- How do I move forward?

This group will cover cognitive-behavioural therapy (CBT), mindfulness, and narrative approaches.

- 8 Weekly sessions on Mondays from 6pm to 7:45pm
- January 12 to March 2
- IN PERSON at Counselling and Family Service (CFS) Ottawa
- 310 Olmstead Street, Ottawa, K1L 7K3

Tuesday, March 3, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Tuesday, March 3 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Tuesday, March 3 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Tuesday, March 3 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Tuesday, March 3 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Social Skills Group

Date and Time: Tuesday, March 3 5:00 pm - 6:00 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 5 to 8

A 6-hour program designed to help kids increase self-esteem and confidence in social situations. Learn from m

eaningful relationships by learning social cues, using social behaviour and conflict resolution.

Anger management especially for parents

Date and Time: Tuesday, March 3 5:45 pm - 7:45 pm

Address: Family services ottawa, 312 parkdale avenue, ottawa

exploring self regulation, triggers and managing parental stress.

\$300.00

Impact of separation and divorce on parents

Date and Time: Tuesday, March 3 6:00 pm - 8:00 pm

Address: virtual - zoom

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children experiencing separation or divorce

Duration: 2 sessions over 2 weeks

Schedule: Tuesdays from 6:00 p.m. to 8:00 p.m.

Social Skills Group

Date and Time: Tuesday, March 3 6:15 pm - 7:15 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 9 to 12

A 6-hour program designed to help kids increase self-esteem and confidence in social situations. Learn from meaningful relationships by learning social cues, using social behaviour and conflict resolution.

Renfrew County Parent Support Group

Date and Time: Tuesday, March 3 6:30 pm - 8:00 pm

Address: myFM Centre (1 Ma Te Way Park Drive, Renfrew) inside the YWHO Renfrew County room on the 2nd Floor (enter the myFM building through their rear parking lot doors and take stairs to 2nd floor)

Renfrew County Parent Support Group for parents and caregivers of youth and young adults (ages 12-25) facing mental health or addiction challenges. First Tuesday of the month.

This free drop-in parent support group for parents and caregivers of youth and young adults (ages 12-25) facing mental health or addiction challenges, is held on the first Tuesday of the month from 6:30pm to 8pm at myFM

Centre (1 Ma Te Way Park Drive, Renfrew) inside the YWHO Renfrew County room on the 2nd Floor*. Peer-facilitated by two Pleo Family Peer Supporters. Offered by Pleo in partnership with Renfrew County Youth Wellness Hub and Addictions Treatment Service (ATS). Participants can drop-in as often as they like or need. **Just drop-in to join.**

*Enter the myFM building through the rear parking lot doors and take the stairs to second floor.

Upcoming dates:

Tuesday November 4, 2025, 6:30pm-8pm

Tuesday December 2, 2025, 6:30pm-8pm

Tuesday January 6, 2026, 6:30pm-8pm

Tuesday February 3, 2026, 6:30pm-8pm

Just for dads

Date and Time: Tuesday, March 3 6:30 pm - 8:30 pm

Address: video conference

Exploring child development and attachment through the lens of fatherhood.

\$200.00 (no fee for children's aid society clients)

effective parenting through positive discipline

Date and Time: Tuesday, March 3 6:30 pm - 8:30 pm

Address: video conference

building discipline skills and exploring new ways of dealing with challenging behaviours.

\$50.00 (no fee for children's aid society clients)

Wednesday, March 4, 2026

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Wednesday, March 4 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Wednesday, March 4 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Wednesday, March 4 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily groups for parents, caregivers, and youth

Date and Time: Wednesday, March 4 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Roots of Care Webinar

Date and Time: Wednesday, March 4 2:00 pm - 3:00 pm

Address: virtual

Join us for a Roots of Care webinar with special guests Chi Opia and Joe Holubowich from Parents' Lifelines of Eastern Ontario (Pleo) to discuss resources for caregivers of children, youth and adults experiencing mental health challenges. Includes new Guiding Council caregiver resources!

SNAP (stop, no act, analyze, plan)

Date and Time: Wednesday, March 4 5:00 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Teach children with behavioral challenges, as well as their parents, to make better choices in the moment.

Target population: Children with behavioral challenges and their parents.
(Children aged 6 to 11)

Duration: 12 sessions over 12 weeks

Schedule: Wednesdays from 5:00 p.m. to 6:30 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

Impact of separation and divorce on kids

Date and Time: Wednesday, March 4 5:30 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Children who need support in understanding and accepting their emotions and perceptions related to their parents' separation.

Target population: Children experiencing separation or divorce
(Children aged 5 to 13—divided into groups according to age)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person—Bien ici—Mental Health and Community Services Center

Regulating emotions

Date and Time: Wednesday, March 4 5:30 pm - 6:30 pm

Address: 610 McConnell avenue, Cornwall, ON

Learn practical strategies to better manage emotions on a daily basis.

Target population: Children who have difficulty managing their emotions.
(Children aged 6 to 10)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person - Bien ici – Mental Health and Community Services Center

Stress and anxiety management

Date and Time: Wednesday, March 4 6:00 pm - 7:00 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better manage stress and anxiety in everyday life.

Target population: Children who have difficulty managing stress and anxiety.
(Children aged 6 to 10)

Duration: 7 sessions over 7 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:00 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

Parents of children living with ADHD

Date and Time: Wednesday, March 4 6:00 pm - 7:30 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children living with ADHD

Duration: 6 sessions over 6 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:30 p.m.

Location: In person – Bien ici – Mental Health and Community Services Center

Drop-In Virtual Parent Support Group 13-25

Date and Time: Wednesday, March 4 6:30 pm - 8:00 pm

Address: Join here: <https://us02web.zoom.us/j/83150489909>

Drop-In Virtual Parent Support Group 13-25 for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges. Every Wednesday.

This free drop-in virtual parent support group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges, is held every Wednesday (**4th Wednesday is bilingual**) from 6:30 pm to 8 pm on Zoom and peer-facilitated by two Pleo Family Peer Supporters.

Virtual group for Parents of suicidal youth

Date and Time: Wednesday, March 4 7:00 pm - 8:30 pm

Address: virtual

For parents and caregivers of suicidal youth and young adults up to age 25.

8 week sessions with an introductory evening on December 10, 2025.

Registration required.

Daily groups for parents, caregivers, and youth

Date and Time: Thursday, March 5 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Daily walk-in counselling clinics across Eastern Ontario

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

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

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

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

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

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Counselling for youth, their parents and their caregivers

Date and Time: Thursday, March 5 12:00 pm - 8:00 pm

Address: 300 - 1355 Bank Street, Ottawa

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

Counselling for youth, their parents and their caregivers

Date and Time: Thursday, March 5 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road, Orleans, Ontario

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

SMART Recovery family and friends

Date and Time: Thursday, March 5 7:00 pm - 8:30 pm

Address: Join here: <https://us02web.zoom.us/j/293138126>

This free drop-in virtual support group for all family and friends of those struggling with addictions or addictive behaviours, is held every Thursday from 7pm to 8:30pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

Friday, March 6, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Friday, March 6 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and g

roups. Please check their calendar of events! Times of each group and activity varies.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Friday, March 6 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Friday, March 6 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Friday, March 6 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Sound bath

Date and Time: Friday, March 6 7:00 pm - 8:30 pm

Address: Nepean Creative Arts centre (2 theatre), 35 Stafford Road, Nepean, ON, K2H 8v8

Calm your nervius system, ease stress and softly support emotional release.

Saturday, March 7, 2026

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Saturday, March 7 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Saturday, March 7 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Daily walk-in counselling clinics across Eastern Ontario

Date and Time: Saturday, March 7 9:00 am - 6:00 pm

Address: in person

Find the Walk-In Counselling Clinic & Counselling Connect Near You!

Various dates, times and locations across Eastern Ontario every week. Visit the website below for the most up to date information.

No appointment or referral needed.

Sunday, March 8, 2026

Self-Regulation Sundays

Date and Time: Sunday, March 8 11:30 am - 2:30 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 5 to 8

A 3-day program, designed to guide participants through managing big emotions, understanding their body cues and choosing appropriate strategies.

Self-Regulation Sundays

Date and Time: Sunday, March 8 3:00 pm - 6:00 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 9 to 12

A 3-day program, designed to guide participants through managing big emotions, understanding their body cues and choosing appropriate strategies.

Monday, March 9, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Monday, March 9 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Women's self care circle

Date and Time: Monday, March 9 7:00 pm - 8:00 pm

Address: Trauma & Grief Institute, 2039 Robertson Rd #101, Ottawa, ON K2H 8R2, Canada

discussion around themes like stress, anxiety, anger, relationship challenges, etc. Register today!

Tuesday, March 10, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Tuesday, March 10 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Anger management especially for parents

Date and Time: Tuesday, March 10 5:45 pm - 7:45 pm

Address: Family services ottawa, 312 parkdale avenue, ottawa

exploring self regulation, triggers and managing parental stress.

\$300.00

Impact of separation and divorce on parents

Date and Time: Tuesday, March 10 6:00 pm - 8:00 pm

Address: virtual - zoom

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children experiencing separation or divorce

Duration: 2 sessions over 2 weeks

Schedule: Tuesdays from 6:00 p.m. to 8:00 p.m.

Virtual parent support group

Date and Time: Tuesday, March 10 6:30 pm - 8:00 pm

Address: Zoom: <https://us02web.zoom.us/j/85109801085>

Drop-In Virtual Parent Support Group 0-12 for parents and caregivers of children and youth (ages 0-12) facing mental health or addiction challenges. 2nd Tuesday of the month.

This free drop-in virtual parent support group for parents and caregivers of children and youth (ages 0-12) facing mental health or addiction challenges, is held on the 2nd Tuesday (bilingual) of the month from 6:30pm to 8pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

Just for dads

Date and Time: Tuesday, March 10 6:30 pm - 8:30 pm

Address: video conference

Exploring child development and attachment through the lens of fatherhood.

\$200.00 (no fee for children's aid society clients)

Wednesday, March 11, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Wednesday, March 11 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

SNAP (stop, no act, analyze, plan)

Date and Time: Wednesday, March 11 5:00 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Teach children with behavioral challenges, as well as their parents, to make better choices in the moment.

Target population: Children with behavioral challenges and their parents.
(Children aged 6 to 11)

Duration: 12 sessions over 12 weeks

Schedule: Wednesdays from 5:00 p.m. to 6:30 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

Impact of separation and divorce on kids

Date and Time: Wednesday, March 11 5:30 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Children who need support in understanding and accepting their emotions and perceptions related to their parents' separation.

Target population: Children experiencing separation or divorce
(Children aged 5 to 13—divided into groups according to age)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person—Bien ici—Mental Health and Community Services Center

Regulating emotions

Date and Time: Wednesday, March 11 5:30 pm - 6:30 pm

Address: 610 McConnell avenue, Cornwall, ON

Learn practical strategies to better manage emotions on a daily basis.

Target population: Children who have difficulty managing their emotions.
(Children aged 6 to 10)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person - Bien ici – Mental Health and Community Services Center

Parenting through high conflict separation and divorce

Date and Time: Wednesday, March 11 5:45 pm - 7:45 pm

Address: Family services ottawa, 312 parkdale avenue, ottawa

Build skills to improve co-parenting relationships and safeguard children from conflict. \$400.00.

March 11 & 12, 2026.

Stress and anxiety management

Date and Time: Wednesday, March 11 6:00 pm - 7:00 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better manage stress and anxiety in everyday life.

Target population: Children who have difficulty managing stress and anxiety.
(Children aged 6 to 10)

Duration: 7 sessions over 7 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:00 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

Parents of children living with ADHD

Date and Time: Wednesday, March 11 6:00 pm - 7:30 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children living with ADHD

Duration: 6 sessions over 6 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:30 p.m.

Location: In person – Bien ici – Mental Health and Community Services Center

Drop-In Virtual Parent Support Group 13-25

Date and Time: Wednesday, March 11 6:30 pm - 8:00 pm

Address: Join here: <https://us02web.zoom.us/j/83150489909>

Drop-In Virtual Parent Support Group 13-25 for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges. Every Wednesday.

This free drop-in virtual parent support group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges, is held every Wednesday (**4th Wednesday is bilingual**) from 6:30pm to 8pm on Zoom and peer-facilitated by two Pleo Family Peer Supporters.

Thursday, March 12, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Thursday, March 12 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Counselling for youth, their parents and their caregivers

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

Address: 2225 Mer Bleue Road, Orleans, Ontario

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

Counselling for youth, their parents and their caregivers

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

Address: 300 - 1355 Bank Street, Ottawa

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

Parenting through high conflict separation and divorce

Date and Time: Thursday, March 12 5:45 pm - 7:45 pm

Address: Family services ottawa, 312 parkdale avenue, ottawa

Build skills to improve co-parenting relationships and safeguard children from conflict. \$400.00.

March 11 & 12, 2026.

SMART Recovery family and friends

Date and Time: Thursday, March 12 7:00 pm - 8:30 pm

Address: Join here: <https://us02web.zoom.us/j/293138126>

This free drop-in virtual support group for all family and friends of those struggling with addictions or addictive behaviours, is held every Thursday from 7pm to 8:30pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

Friday, March 13, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Friday, March 13 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Breathwork with Krista Helman

Date and Time: Friday, March 13 7:00 pm - 8:30 pm

Address: zoom

active breathwork for emotional release

Monday, March 16, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Monday, March 16 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Tuesday, March 17, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Tuesday, March 17 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Impact of separation and divorce on parents

Date and Time: Tuesday, March 17 6:00 pm - 8:00 pm

Address: virtual - zoom

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children experiencing separation or divorce

Duration: 2 sessions over 2 weeks

Schedule: Tuesdays from 6:00 p.m. to 8:00 p.m.

Just for dads

Date and Time: Tuesday, March 17 6:30 pm - 8:30 pm

Address: video conference

Exploring child development and attachment through the lens of fatherhood.

\$200.00 (no fee for children's aid society clients)

Wednesday, March 18, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Wednesday, March 18 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Cafe Causerie

Date and Time: Wednesday, March 18 1:30 pm - 3:30 pm

Address: bien ici - centre de santé mentale et services communautaires

This service brings together women aged 16 and over who have been affected by violence.

Anyone who identifies or expresses themselves as a woman.

This group will allow you to discuss various topics in a relaxed and confidential atmosphere!

Once a month on Wednesdays from 1:30 p.m. to 3:30 p.m., starting September 17, 2025.

SNAP (stop, no act, analyze, plan)

Date and Time: Wednesday, March 18 5:00 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Teach children with behavioral challenges, as well as their parents, to make better choices in the moment.

Target population: Children with behavioral challenges and their parents.
(Children aged 6 to 11)

Duration: 12 sessions over 12 weeks

Schedule: Wednesdays from 5:00 p.m. to 6:30 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

Impact of separation and divorce on kids

Date and Time: Wednesday, March 18 5:30 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Children who need support in understanding and accepting their emotions and perceptions related to their paren

ts' separation.

Target population: Children experiencing separation or divorce
(Children aged 5 to 13—divided into groups according to age)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person—Bien ici—Mental Health and Community Services Center

Regulating emotions

Date and Time: Wednesday, March 18 5:30 pm - 6:30 pm

Address: 610 McConnell avenue, Cornwall, ON

Learn practical strategies to better manage emotions on a daily basis.

Target population: Children who have difficulty managing their emotions.
(Children aged 6 to 10)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person - Bien ici – Mental Health and Community Services Center

Stress and anxiety management

Date and Time: Wednesday, March 18 6:00 pm - 7:00 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better manage stress and anxiety in everyday life.

Target population: Children who have difficulty managing stress and anxiety.
(Children aged 6 to 10)

Duration: 7 sessions over 7 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:00 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

Parents of children living with ADHD

Date and Time: Wednesday, March 18 6:00 pm - 7:30 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children living with ADHD

Duration: 6 sessions over 6 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:30 p.m.

Location: In person – Bien ici – Mental Health and Community Services Center

Drop-In Virtual Parent Support Group 13-25

Date and Time: Wednesday, March 18 6:30 pm - 8:00 pm

Address: Join here: <https://us02web.zoom.us/j/83150489909>

Drop-In Virtual Parent Support Group 13-25 for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges. Every Wednesday.

This free drop-in virtual parent support group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges, is held every Wednesday (**4th Wednesday is bilingual**) from 6:30 pm to 8pm on Zoom and peer-facilitated by two Pleo Family Peer Supporters.

Thursday, March 19, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Thursday, March 19 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Counselling for youth, their parents and their caregivers

Date and Time: Thursday, March 19 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road, Orleans, Ontario

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

Counselling for youth, their parents and their caregivers

Date and Time: Thursday, March 19 12:00 pm - 8:00 pm

Address: 300 - 1355 Bank Street, Ottawa

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

Manotick and area parent support group

Date and Time: Thursday, March 19 6:30 pm - 8:00 pm

Address: Lume Club (1138 Tighe Street)

Manotick and Area Parent Support Group for parents and caregivers of children, youth, and young adults (ages 0-25) facing mental health or addiction challenges. Third Thursday of the month.

This free drop-in parent support group for parents and caregivers of children, youth, and young adults (ages 0-25) facing mental health or addiction challenges, is held on the third Thursday of the month from 6:30pm to 8pm at Lume Club (1138 Tighe Street, Manotick). Peer-facilitated by two Pleo Family Peer Supporters. Offered by Pleo in partnership with Youth of Manotick Association (YOMA). Participants can drop-in as often as they like or need. **Just drop-in to join.**

A special guest: At our November 20th group, we'll be joined by Luna, a friendly therapy dog from Corporate Canine Therapy (CCT), offering some extra comfort, calm, and warmth to the evening.

Upcoming dates:

Thursday November 20, 2025, 6:30pm-8pm

Thursday December 18, 2025, 6:30pm-8pm

Thursday January 15, 2026, 6:30pm-8pm

Thursday February 19, 2026, 6:30pm-8pm

SMART Recovery family and friends

Date and Time: Thursday, March 19 7:00 pm - 8:30 pm

Address: Join here: <https://us02web.zoom.us/j/293138126>

This free drop-in virtual support group for all family and friends of those struggling with addictions or addictive behaviours, is held every Thursday from 7pm to 8:30pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

Friday, March 20, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Friday, March 20 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Breathwork with Krista Helman

Date and Time: Friday, March 20 7:00 pm - 8:30 pm

Address: Nepean Creative Arts centre (2 theatre), 35 Stafford Road, Nepean, ON, K2H 8v8

active breathwork for emotional release

Monday, March 23, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Monday, March 23 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Tuesday, March 24, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Tuesday, March 24 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Handwriting Group

Date and Time: Tuesday, March 24 5:00 pm - 6:00 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 5 to 7

A 6 hour program designed to help kids develop their written output skills.

Impact of separation and divorce on parents

Date and Time: Tuesday, March 24 6:00 pm - 8:00 pm

Address: virtual - zoom

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children experiencing separation or divorce

Duration: 2 sessions over 2 weeks

Schedule: Tuesdays from 6:00 p.m. to 8:00 p.m.

Handwriting Group

Date and Time: Tuesday, March 24 6:15 pm - 7:15 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 8 to 10

A 6 hour program designed to help kids develop their written output skills.

Just for dads

Date and Time: Tuesday, March 24 6:30 pm - 8:30 pm

Address: video conference

Exploring child development and attachment through the lens of fatherhood.

\$200.00 (no fee for children's aid society clients)

Parent and caregiver Information Session

Date and Time: Tuesday, March 24 6:30 pm - 8:00 pm

Address: Join here: <https://us02web.zoom.us/j/85109801085>

Parent/Caregiver Information Session for parents and caregivers of children and youth (ages 0-12) facing mental health or addiction challenges. Fourth Tuesday of the month.

Join Pleo and Open Doors Mental Health (ODMH) on November 25, for an evening of learning and support.

This month's information session will cover the subject of "Screen Time & Tech: Boundaries, Connection and Brain Health", for parents and caregivers supporting children and youth (ages 0-12) facing mental health or addiction challenges.

As technology becomes part of everyday life, we understand that it can create new challenges for young people

and families. In this session, we'll explore how screen time and technology use affect early brain development in children and youth, as well as their impact on mental health. Together, we'll discuss ways to set healthy boundaries that balance screen time with connection to support your child's well-being. You'll gain practical tools to foster mindful tech use, encourage family and peer relationships beyond screens, and support your child in building a positive relationship with technology.

Hosted by Pleo Family Peer Supporters and mental health clinicians from Open Doors Mental Health (ODMH), we'll share information, practical tips, and strategies to help you navigate this topic.

The session will be held on Tuesday November 25, from 6:30pm–8:00pm on Zoom.

These free monthly sessions are designed to support you and your family. They provide information and insights on topics related to child and youth mental health and addictions, and parenting, along with practical tips and strategies to help you support your child or youth. You'll also find information about available supports and resources in your community and have the opportunity to ask questions in a welcoming, safe space. Sessions are held on the fourth Tuesday of the month, with a new topic each month.

We look forward to welcoming you to this session, presented together with Open Doors Mental Health (ODMH).

Wednesday, March 25, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Wednesday, March 25 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

SNAP (stop, no act, analyze, plan)

Date and Time: Wednesday, March 25 5:00 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Teach children with behavioral challenges, as well as their parents, to make better choices in the moment.

Target population: Children with behavioral challenges and their parents.
(Children aged 6 to 11)

Duration: 12 sessions over 12 weeks

Schedule: Wednesdays from 5:00 p.m. to 6:30 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

Impact of separation and divorce on kids

Date and Time: Wednesday, March 25 5:30 pm - 6:30 pm

Address: 610 McConnell Avenue, Cornwall

Children who need support in understanding and accepting their emotions and perceptions related to their parents' separation.

Target population: Children experiencing separation or divorce
(Children aged 5 to 13—divided into groups according to age)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person—Bien ici—Mental Health and Community Services Center

Regulating emotions

Date and Time: Wednesday, March 25 5:30 pm - 6:30 pm

Address: 610 McConnell avenue, Cornwall, ON

Learn practical strategies to better manage emotions on a daily basis.

Target population: Children who have difficulty managing their emotions.
(Children aged 6 to 10)

Duration: 8 sessions over 8 weeks

Schedule: Wednesdays from 5:30 p.m. to 6:30 p.m.

Location: In person - Bien ici – Mental Health and Community Services Center

Stress and anxiety management

Date and Time: Wednesday, March 25 6:00 pm - 7:00 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better manage stress and anxiety in everyday life.

Target population: Children who have difficulty managing stress and anxiety.
(Children aged 6 to 10)

Duration: 7 sessions over 7 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:00 p.m.

Location: In person - Bien ici - Mental Health and Community Services Center

Parents of children living with ADHD

Date and Time: Wednesday, March 25 6:00 pm - 7:30 pm

Address: 610 McConnell Avenue, Cornwall

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children living with ADHD

Duration: 6 sessions over 6 weeks

Schedule: Wednesdays from 6:00 p.m. to 7:30 p.m.

Location: In person – Bien ici – Mental Health and Community Services Center

Drop-In Virtual Parent Support Group 13-25

Date and Time: Wednesday, March 25 6:30 pm - 8:00 pm

Address: Join here: <https://us02web.zoom.us/j/83150489909>

Drop-In Virtual Parent Support Group 13-25 for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges. Every Wednesday.

This free drop-in virtual parent support group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges, is held every Wednesday (**4th Wednesday is bilingual**) from 6:30 pm to 8pm on Zoom and peer-facilitated by two Pleo Family Peer Supporters.

Thursday, March 26, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Thursday, March 26 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Counselling for youth, their parents and their caregivers

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

Address: 2225 Mer Bleue Road, Orleans, Ontario

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-

260-2360 at any time.

Counselling for youth, their parents and their caregivers

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

Address: 300 - 1355 Bank Street, Ottawa

For youth ages 12 to 20 and/or their parents and caregivers. Please register by 6:00 PM.

The Clinic is less likely to benefit you if you are feeling suicidal right now or are actively suffering from a serious mental health diagnosis. The Clinic is also less likely to benefit you if you feel need ongoing support to work through and escape the effects of abuse.

If you are experiencing a crisis, or need to talk about any of the above, you can call the 24/7 Crisis Line at 613-260-2360 at any time.

SMART Recovery family and friends

Date and Time: Thursday, March 26 7:00 pm - 8:30 pm

Address: Join here: <https://us02web.zoom.us/j/293138126>

This free drop-in virtual support group for all family and friends of those struggling with addictions or addictive behaviours, is held every Thursday from 7pm to 8:30pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

Friday, March 27, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Friday, March 27 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Monday, March 30, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Monday, March 30 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Tuesday, March 31, 2026

Daily groups for parents, caregivers, and youth

Date and Time: Tuesday, March 31 9:00 am

Address: online and in person

Monday to Friday every week. PLEO (Parents' Lifelines of Eastern Ontario) offers a variety of support and groups. Please check their calendar of events! Times of each group and activity varies.

Handwriting Group

Date and Time: Tuesday, March 31 5:00 pm - 6:00 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 5 to 7

A 6 hour program designed to help kids develop their written output skills.

Impact of separation and divorce on parents

Date and Time: Tuesday, March 31 6:00 pm - 8:00 pm

Address: virtual - zoom

Learn practical strategies to better understand and support your child in their daily life.

Target audience: Parents of children experiencing separation or divorce

Duration: 2 sessions over 2 weeks

Schedule: Tuesdays from 6:00 p.m. to 8:00 p.m.

Handwriting Group

Date and Time: Tuesday, March 31 6:15 pm - 7:15 pm

Address: 2255 St. Laurent Blvd., Unit 310B, Ottawa

Ages 8 to 10

A 6 hour program designed to help kids develop their written output skills.

Parenting with confidence

Date and Time: Tuesday, March 31 6:30 pm - 8:30 pm

Address: video conference

exploring child development and building parenting skills. **Only open to children's aid society clients.** No fee

Parent Support Group

Date and Time: Tuesday, March 31 6:30 pm - 8:00 pm

Address: Willow Wellness - 5944 Perth Street, Richmond)

Rural Ottawa Parent Support Group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges. Last Monday of the month.

This free drop-in parent support group for parents and caregivers of youth and young adults (ages 13-25) facing mental health or addiction challenges, is held on the last Monday of the month from 6:30pm to 8pm at Willow Wellness (5944 Perth Street, Richmond). Peer-facilitated by two Pleo Family Peer Supporters. Offered by Pleo in partnership with Willow Wellness and Rural Ottawa Youth Mental Health Collective. Participants can drop-in as often as they like or need. **Just drop-in to join.**

Upcoming dates:

Monday November 24, 2025, 6:30pm-8pm

Monday December 29, 2025, 6:30pm-8pm (Cancelled)**

Monday January 26, 2026, 6:30pm-8pm

Monday February 23, 2026, 6:30pm-8pm

****The group on December 29 is cancelled, as the Pleo office will be closed on this day for the Holiday Season.**

<https://calendar.kidscomefirst.ca>