

Tuesday, April 1, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, April 1 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal chantal@pleo.on.ca)
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Wednesday, April 2, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, April 2 9:00 am - 8:00 pm

Address: in person and virtual

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Thursday, April 3, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, April 3 9:00 am - 8:00 pm

Address: in person and virtual

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Friday, April 4, 2025

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Monday, April 7, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

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

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Social skills group for Teens

Date and Time: Monday, April 7 5:30 pm - 7:00 pm

Address: Osgoode Youth Association - 5479 Osgoode Main Street

Free group for teens aged 14 to 16. A 6 week social skills group focused on supporting teens to break down barriers in making friends and socializing.

To participate, they request that teens complete a 30-minute intake to determine if the group is a good fit AND commit to attending all 6 sessions.

No group on March 10, 2025.

Tuesday, April 8, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

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Wednesday, April 9, 2025

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Thursday, April 10, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, April 10 9:00 am - 8:00 pm

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Friday, April 11, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, April 11 9:00 am - 8:00 pm

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Monday, April 14, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, April 14 9:00 am - 8:00 pm

Address: in person and virtual

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Tuesday, April 15, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, April 15 9:00 am - 8:00 pm

Address: in person and virtual

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Children's Friendship Group

Date and Time: Tuesday, April 15 5:00 pm - 6:00 pm

Address: Act Learning Centre - 106 Colonnade Road, Ottawa

\$1,000.00

The Children's Friendship Group is an 11-week program in support of neurodiverse elementary school-aged children who struggle to make and maintain friends.

What to expect:

- A fun and welcoming environment for children to learn skills to meet and make friends.
- An evidence-based, skill-building group for children.
- Weekly caregivers' group (held at the same time as the children's group) to get the tools and knowledge to become social coaches for your children.

Parenting with confidence

Date and Time: Tuesday, April 15 6:30 pm - 8:30 pm

Address: Family Services Ottawa - 312 Parkdale Avenue, Ottawa

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.

FREE for Children's Aid Society clients

Wednesday, April 16, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, April 16 9:00 am - 8:00 pm

Address: in person and virtual

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Thursday, April 17, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, April 17 9:00 am - 8:00 pm

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2SLGBTQIA+ Teen Neurodiversity Group

Date and Time: Thursday, April 17 6:30 pm - 7:30 pm

Address: Act Learning Centre - 106 Colonnade Road, Ottawa

\$700.00

Our upcoming 2SLGBTQIA+ 10-week group is a chance to make friends and take part in activities (suggested by youth) in a warm and welcoming space! This group will be a place where you can share, laugh and hang out with like-minded people!

What to expect:

- Soft coaching around social skills, group rules, boundaries, consent etc.
- Teens collaborate with group facilitators to choose activities they want to participate in.
- Crafts, video game night, board games, low-cost outings etc.

Friday, April 18, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, April 18 9:00 am - 8:00 pm

Address: in person and virtual

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Monday, April 21, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, April 21 9:00 am - 8:00 pm

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Tuesday, April 22, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

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Children's Friendship Group

Date and Time: Tuesday, April 22 5:00 pm - 6:00 pm

Address: Act Learning Centre - 106 Colonnade Road, Ottawa

\$1,000.00

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What to expect:

- A fun and welcoming environment for children to learn skills to meet and make friends.
- An evidence-based, skill-building group for children.
- Weekly caregivers' group (held at the same time as the children's group) to get the tools and knowledge to become social coaches for your children.

Parenting with confidence

Date and Time: Tuesday, April 22 6:30 pm - 8:30 pm

Address: Family Services Ottawa - 312 Parkdale Avenue, Ottawa

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Thursday, April 24, 2025

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- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal chantal@pleo.on.ca)
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

2SLGBTQIA+ Teen Neurodiversity Group

Date and Time: Thursday, April 24 6:30 pm - 7:30 pm

Address: Act Learning Centre - 106 Colonnade Road, Ottawa

\$700.00

Our upcoming 2SLGBTQIA+ 10-week group is a chance to make friends and take part in activities (suggested by youth) in a warm and welcoming space! This group will be a place where you can share, laugh and hang out with like-minded people!

What to expect:

- Soft coaching around social skills, group rules, boundaries, consent etc.
- Teens collaborate with group facilitators to choose activities they want to participate in.
- Crafts, video game night, board games, low-cost outings etc.

Friday, April 25, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, April 25 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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Monday, April 28, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, April 28 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
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Tuesday, April 29, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, April 29 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM

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Children's Friendship Group

Date and Time: Tuesday, April 29 5:00 pm - 6:00 pm

Address: Act Learning Centre - 106 Colonnade Road, Ottawa

\$1,000.00

The Children's Friendship Group is an 11-week program in support of neurodiverse elementary school-aged children who struggle to make and maintain friends.

What to expect:

- A fun and welcoming environment for children to learn skills to meet and make friends.
- An evidence-based, skill-building group for children.
- Weekly caregivers' group (held at the same time as the children's group) to get the tools and knowledge to become social coaches for your children.

Parenting with confidence

Date and Time: Tuesday, April 29 6:30 pm - 8:30 pm

Address: Family Services Ottawa - 312 Parkdale Avenue, Ottawa

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, April 30, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, April 30 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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<https://calendar.kidscomefirst.ca>