

## Wednesday, April 1, 2026

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### Daily groups for parents, caregivers, and youth

Date and Time: Wednesday, April 1 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, April 1 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, April 1 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, April 1 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, April 1 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, April 1 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, April 1 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, April 2, 2026**

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### **Counselling for youth, their parents and their caregivers**

Date and Time: Thursday, April 2 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, April 2 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, April 2 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

e behaviours, is held every Thursday from 7pm to 8:30pm on Zoom and peer-facilitated by Pleo Family Peer Supporters.

## Tuesday, April 7, 2026

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### Handwriting Group

Date and Time: Tuesday, April 7 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, April 7 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, April 7 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, April 7 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

## Renfrew County Parent Support Group

Date and Time: Tuesday, April 7 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

## Wednesday, April 8, 2026

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### SNAP (stop, no act, analyze, plan)

Date and Time: Wednesday, April 8 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, April 8 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

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, April 8 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, April 8 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, April 8 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, April 8 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, April 9, 2026

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### Counselling for youth, their parents and their caregivers

Date and Time: Thursday, April 9 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, April 9 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.

## Chronic Pain Support Group

Date and Time: Thursday, April 9 4:30 pm - 6:30 pm

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

**Occurs on the 2nd and 4th Thursday of each month (April 9, April 23, May 14, May 28, June 11 and June 25, 2026).**

For any youth between 13 and 20 years old living with chronic illness or chronic pain.

**Register at [info@ynra.ca](mailto:info@ynra.ca)**

## SMART Recovery family and friends

Date and Time: Thursday, April 9 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.

## Saturday, April 11, 2026

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### Sensory exploration group

Date and Time: Saturday, April 11 10:00 am - 1:00 pm

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

6 to 10 year olds

Two registered occupational therapists will collaborate with participants to introduce sensory activities and self-regulation strategies. This group is tailored for children who require more personalized or intensive support in smaller settings.

### Crafts and Confidence

Date and Time: Saturday, April 11 1:30 pm - 4:30 pm

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

Ages 9 to 12

A 6 hour program designed to build resilience to changing and unpredictable life situations by strengthening self-identity and self-assertion.

## **Monday, April 13, 2026**

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### **Women's self care circle**

Date and Time: Monday, April 13 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, April 14, 2026**

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### **Handwriting Group**

Date and Time: Tuesday, April 14 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, April 14 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.

### **Pens and Paint**

Date and Time: Tuesday, April 14 6:00 pm - 8:00 pm

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

age 13 to 20. Explore art and writing, build connections, develop positive coping skills and discuss mental health. Every Tuesday from 6:00 - 8:00 PM (April 14 to June 2, 2026).

## Handwriting Group

Date and Time: Tuesday, April 14 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, April 14 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

## Virtual parent support group

Date and Time: Tuesday, April 14 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.

## Wednesday, April 15, 2026

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### Cafe Causerie

Date and Time: Wednesday, April 15 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, April 15 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, April 15 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, April 15 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, April 15 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, April 15 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, April 15 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.

**Thursday, April 16, 2026**

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## Counselling for youth, their parents and their caregivers

Date and Time: Thursday, April 16 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, April 16 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.

## Manotick and area parent support group

Date and Time: Thursday, April 16 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, April 16 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, April 17, 2026**

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### **Breathwork with Krista Helman**

Date and Time: Friday, April 17 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

## **Saturday, April 18, 2026**

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### **Prepared & Positive**

Date and Time: Saturday, April 18 9:00 am - 1:30 pm

Address: St. Paul University - 110 Hazel Street, Ottawa

A free community event hosted by Parents' Lifelines of Eastern Ontario (PLEO) for parents and caregivers to explore strategies and discover resources to help support the mental health of their children and youth, while supporting their own.

Get your tickets: <https://www.zeffy.com/en-CA/ticketing/prepared-and-positive-event>

### **Sensory exploration group**

Date and Time: Saturday, April 18 10:00 am - 1:00 pm

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

6 to 10 year olds

Two registered occupational therapists will collaborate with participants to introduce sensory activities and self

-regulation strategies. This group is tailored for children who require more personalized or intensive support in smaller settings.

## **Crafts and Confidence**

Date and Time: Saturday, April 18 1:30 pm - 4:30 pm

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

Ages 9 to 12

A 6 hour program designed to build resilience to changing and unpredictable life situations by strengthening self-identity and self-assertion.

## **Tuesday, April 21, 2026**

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### **Handwriting Group**

Date and Time: Tuesday, April 21 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, April 21 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.

### **Pens and Paint**

Date and Time: Tuesday, April 21 6:00 pm - 8:00 pm

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

age 13 to 20. Explore art and writing, build connections, develop positive coping skills and discuss mental health. Every Tuesday from 6:00 - 8:00 PM (April 14 to June 2, 2026).

## Handwriting Group

Date and Time: Tuesday, April 21 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, April 21 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

## Wednesday, April 22, 2026

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### SNAP (stop, no act, analyze, plan)

Date and Time: Wednesday, April 22 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, April 22 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, April 22 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, April 22 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, April 22 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

## Lyric Lounge song writing program

Date and Time: Wednesday, April 22 6:00 pm - 8:00 pm

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

Free An 8-week songwriting / creative writing based program where you get to connect with a Bluesfest artist and learn how to write a song / poetry. This program will also include discussions around mental health and how writing / journaling / songwriting can be used as a coping mechanism.

## Drop-In Virtual Parent Support Group 13-25

Date and Time: Wednesday, April 22 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, April 23, 2026

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### Counselling for youth, their parents and their caregivers

Date and Time: Thursday, April 23 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, April 23 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.

## Chronic Pain Support Group

Date and Time: Thursday, April 23 4:30 pm - 6:30 pm

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

**Occurs on the 2nd and 4th Thursday of each month (April 9, April 23, May 14, May 28, June 11 and June 25, 2026).**

For any youth between 13 and 20 years old living with chronic illness or chronic pain.

**Register at [info@ynra.ca](mailto:info@ynra.ca)**

## SMART Recovery family and friends

Date and Time: Thursday, April 23 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.

## Tuesday, April 28, 2026

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### Handwriting Group

Date and Time: Tuesday, April 28 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, April 28 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.

## Pens and Paint

Date and Time: Tuesday, April 28 6:00 pm - 8:00 pm

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

age 13 to 20. Explore art and writing, build connections, develop positive coping skills and discuss mental health. Every Tuesday from 6:00 - 8:00 PM (April 14 to June 2, 2026).

## Handwriting Group

Date and Time: Tuesday, April 28 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.

## Parent and caregiver Information Session

Date and Time: Tuesday, April 28 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).

## Parenting with confidence

Date and Time: Tuesday, April 28 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.

## Wednesday, April 29, 2026

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### SNAP (stop, no act, analyze, plan)

Date and Time: Wednesday, April 29 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, April 29 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, April 29 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, April 29 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, April 29 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

## Lyric Lounge song writing program

Date and Time: Wednesday, April 29 6:00 pm - 8:00 pm

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

Free An 8-week songwriting / creative writing based program where you get to connect with a Bluesfest artist and learn how to write a song / poetry. This program will also include discussions around mental health and how writing / journaling / songwriting can be used as a coping mechanism.

## Drop-In Virtual Parent Support Group 13-25

Date and Time: Wednesday, April 29 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, April 30, 2026

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### Counselling for youth, their parents and their caregivers

Date and Time: Thursday, April 30 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, April 30 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.

## Parent Support Group

Date and Time: Thursday, April 30 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.**

## SMART Recovery family and friends

Date and Time: Thursday, April 30 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.

