

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>9:00 am Daily groups for parents, caregivers, and youth</p> <p>5:00 pm SNAP (stop, no act, analyze, plan)</p> <p>5:30 pm Impact of separation and divorce on kids</p> <p>5:30 pm Regualting emotions</p> <p>6:00 pm Stress and anxiety management</p> <p>6:00 pm Parents of children living with ADHD</p> <p>6:30 pm Drop-In Virtual Parent Support Group 13-25</p>	<p>2</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>7:00 pm SMART Recovery family and friends</p>	3	4
5	6	<p>7</p> <p>5:00 pm Handwriting Group</p> <p>6:00 pm Impact of separation and divorce on parents</p> <p>6:15 pm Handwriting Group</p> <p>6:30 pm Parenting with confidence</p> <p>6:30 pm Renfrew County Parent Support Group</p>	<p>8</p> <p>5:00 pm SNAP (stop, no act, analyze, plan)</p> <p>5:30 pm Impact of separation and divorce on kids</p> <p>5:30 pm Regualting emotions</p> <p>6:00 pm Stress and anxiety management</p> <p>6:00 pm Parents of children living with ADHD</p> <p>6:30 pm Drop-In Virtual Parent Support Group 13-25</p>	<p>9</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>4:30 pm Chronic Pain Support Group</p> <p>7:00 pm SMART Recovery family and friends</p>	10	<p>11</p> <p>10:00 am Sensory exploration group</p> <p>1:30 pm Crafts and Confidence</p>
12	<p>13</p> <p>7:00 pm Women's self care circle</p>	<p>14</p> <p>5:00 pm Handwriting Group</p> <p>6:00 pm Impact of separation and divorce on parents</p> <p>6:00 pm Pens and Paint</p> <p>6:15 pm Handwriting Group</p> <p>6:30 pm Parenting</p>	<p>15</p> <p>1:30 pm Cafe Causerie</p> <p>5:00 pm SNAP (stop, no act, analyze, plan)</p> <p>5:30 pm Impact of separation and divorce on kids</p> <p>5:30 pm Regualting emotions</p>	<p>16</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>12:00 pm Counselling for youth, their parents and their caregivers</p> <p>6:30 pm Manotick and area parent support group</p>	<p>17</p> <p>7:00 pm Breathwork with Krista Helman</p>	<p>18</p> <p>9:00 am Prepared & Positive</p> <p>10:00 am Sensory exploration group</p> <p>1:30 pm Crafts and Confidence</p>

		with confidence 6:30 pm Virtual parent support group	6:00 pm Stress and anxiety management 6:00 pm Parents of children living with ADHD 6:30 pm Drop-In Virtual Parent Support Group 13-25	7:00 pm SMART Recovery family and friends		
19	20	21 5:00 pm Handwriting Group 6:00 pm Impact of separation and divorce on parents 6:00 pm Pens and Paint 6:15 pm Handwriting Group 6:30 pm Parenting with confidence	22 5:00 pm SNAP (stop, no act, analyze, plan) 5:30 pm Impact of separation and divorce on kids 5:30 pm Regualting emotions 6:00 pm Stress and anxiety management 6:00 pm Parents of children living with ADHD 6:00 pm Lyric Lounge song writing program 6:30 pm Drop-In Virtual Parent Support Group 13-25	23 12:00 pm Counselling for youth, their parents and their caregivers 12:00 pm Counselling for youth, their parents and their caregivers 4:30 pm Chronic Pain Support Group 7:00 pm SMART Recovery family and friends	24	25
26	27	28 5:00 pm Handwriting Group 6:00 pm Impact of separation and divorce on parents 6:00 pm Pens and Paint 6:15 pm Handwriting Group 6:30 pm Parent and caregiver Information Session 6:30 pm Parenting with confidence	29 5:00 pm SNAP (stop, no act, analyze, plan) 5:30 pm Impact of separation and divorce on kids 5:30 pm Regualting emotions 6:00 pm Stress and anxiety management 6:00 pm Parents of children living with ADHD 6:00 pm Lyric Lounge song writing program 6:30 pm Drop-In Virtual Parent Support Group 13-25	30 12:00 pm Counselling for youth, their parents and their caregivers 12:00 pm Counselling for youth, their parents and their caregivers 6:30 pm Parent Support Group 7:00 pm SMART Recovery family and friends		