

# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 am Child & Family Clinic 3:00 pm Therapeutic Groups for children and youth 3:00 pm Virtual groups for parents 4:00 pm Cool Kids - grades 3 to 5 and 6 to 8 6:00 pm Circle of Security	2 12:00 pm Child & Family Clinic 12:00 pm Youth Services Bureau Walk-In Clinic 12:00 pm Youth Services Bureau Walk-In Clinic 3:00 pm Virtual groups for parents 3:00 pm Therapeutic Groups for children and youth 4:00 pm Cool Kids - grades 3 to 5 and 6 to 8 5:30 pm Social Skills Group for kids (9 to 11 years)	3 3:00 pm Therapeutic Groups for children and youth 3:00 pm Virtual groups for parents 4:00 pm Cool Kids - grades 3 to 5 and 6 to 8	4
5 9:00 am Self-Regulation Sundays 10:00 am Social Club	6 9:00 am May youth wellness hubs 9:00 am May youth wellness hubs 3:00 pm Virtual groups for parents 3:00 pm Therapeutic Groups for children and youth 4:00 pm Cool Kids - grades 3 to 5 and 6 to 8	7 9:00 am May youth wellness hubs 9:00 am May youth wellness hubs 3:00 pm Therapeutic Groups for children and youth 3:00 pm Virtual groups for parents 4:00 pm Cool Kids - grades 3 to 5 and 6 to 8 6:00 pm Pens and paints at youth net (English) 6:30 pm PFLAG Canada - Peer Support Meetings 6:30 pm Parenting with confidence	8 9:00 am Child & Family Clinic 9:00 am May youth wellness hubs 9:00 am May youth wellness hubs 3:00 pm Virtual groups for parents 3:00 pm Therapeutic Groups for children and youth 4:00 pm Cool Kids - grades 3 to 5 and 6 to 8 6:00 pm Circle of Security	9 9:00 am May youth wellness hubs 9:00 am May youth wellness hubs 9:30 am Beyond the Baby Blues 12:00 pm Child & Family Clinic 12:00 pm Youth Services Bureau Walk-In Clinic 12:00 pm Youth Services Bureau Walk-In Clinic 3:00 pm Therapeutic Groups for children and youth 3:00 pm Virtual groups for parents 4:00 pm Cool Kids - grades 3 to 5 and 6 to 8 5:30 pm Social Skills Group for kids (9 to 11 years)	10 9:00 am May youth wellness hubs 9:00 am May youth wellness hubs 3:00 pm Virtual groups for parents 3:00 pm Therapeutic Groups for children and youth 4:00 pm Cool Kids - grades 3 to 5 and 6 to 8	11
12 9:00 am Self-Regulation Sundays	13 9:00 am May youth wellness hubs 9:00 am May youth	14 9:00 am May youth wellness hubs 9:00 am May youth	15 9:00 am Child & Family Clinic 9:00 am May youth	16 9:00 am May youth wellness hubs 9:00 am May youth	17 9:00 am May youth wellness hubs 9:00 am May youth	18

	<p>wellness hubs</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>3:00 pm Virtual groups for parents</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p>	<p>wellness hubs</p> <p>10:00 am Role play to the rescue: developing caregivers' skills in EFFT</p> <p>3:00 pm Virtual groups for parents</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p> <p>6:00 pm Pens and paints at youth net (English)</p> <p>6:30 pm Parenting with confidence</p>	<p>wellness hubs</p> <p>9:00 am May youth wellness hubs</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>3:00 pm Virtual groups for parents</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p> <p>4:30 pm Pens and paints with CRC Rideau-Rockliffe</p> <p>4:30 pm Pens and paints with CRC Rideau-Rockliffe</p> <p>6:00 pm 2SLGBTQI+ Support group for children aged 10 to 12</p> <p>6:00 pm Circle of Security</p>	<p>wellness hubs</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>9:30 am Beyond the Baby Blues</p> <p>12:00 pm Child &amp; Family Clinic</p> <p>12:00 pm Youth Services Bureau Walk-In Clinic</p> <p>12:00 pm Youth Services Bureau Walk-In Clinic</p> <p>3:00 pm Virtual groups for parents</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p>	<p>wellness hubs</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am 4 Practical Ways to support your loved one's mental health (EFFT Workshop)</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p> <p>9:30 am Beyond the Baby Blues</p> <p>12:00 pm Child &amp; Family Clinic</p> <p>12:00 pm Youth Services Bureau Walk-In Clinic</p> <p>12:00 pm Youth Services Bureau Walk-In Clinic</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>3:00 pm Virtual groups for parents</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p> <p>5:30 pm The Bruch Bunch Junior</p>	<p>wellness hubs</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am 4 Practical Ways to support your loved one's mental health (EFFT Workshop)</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>3:00 pm Virtual groups for parents</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p>
<p>19</p> <p>9:00 am Self-Regulation Sundays</p>	<p>20</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>3:00 pm Virtual groups for parents</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p>	<p>21</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>3:00 pm Virtual groups for parents</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p> <p>6:00 pm Pens and paints at youth net (English)</p> <p>6:30 pm Parenting with confidence</p>	<p>22</p> <p>9:00 am Child &amp; Family Clinic</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>3:00 pm Virtual groups for parents</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p> <p>6:00 pm Circle of Security</p> <p>6:00 pm 2SLGBTQI+ Support group for children aged 10 to 12</p> <p>6:30 pm Positive discipline</p> <p>6:30 pm Positive discipline</p> <p>7:00 pm Neurodevelopmental Health's Journey Event - CHEO</p>	<p>23</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>9:00 am 4 Practical Ways to support your loved one's mental health (EFFT Workshop)</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p> <p>9:30 am Beyond the Baby Blues</p> <p>12:00 pm Child &amp; Family Clinic</p> <p>12:00 pm Youth Services Bureau Walk-In Clinic</p> <p>12:00 pm Youth Services Bureau Walk-In Clinic</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>3:00 pm Virtual groups for parents</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p>	<p>24</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am 4 Practical Ways to support your loved one's mental health (EFFT Workshop)</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>3:00 pm Virtual groups for parents</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p>	<p>25</p> <p>9:00 am Camp - Bereaved Families of Ontario - South Eastern Region</p>
<p>26</p> <p>9:00 am Camp - Bereaved Families of Ontario - South Eastern Region</p>	<p>27</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p>	<p>28</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p>	<p>29</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p>	<p>30</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>9:00 am May youth wellness hubs</p>	<p>31</p> <p>9:00 am May youth wellness hubs</p> <p>9:00 am May youth wellness hubs</p>	

9:00 am Self-Regulation Sundays	<p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>10:00 am Baby Steps</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>3:00 pm Virtual groups for parents</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p>	<p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>3:00 pm Virtual groups for parents</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p> <p>6:00 pm Pens and paints at youth net (English)</p>	<p>9:00 am Child &amp; Family Clinic</p> <p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>3:00 pm Virtual groups for parents</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p> <p>6:00 pm Circle of Security</p> <p>6:00 pm 2SLGBTQI+ Support group for children aged 10 to 12</p>	<p>wellness hubs</p> <p>9:00 am May youth wellness hubs</p> <p>9:30 am Beyond the Baby Blues</p> <p>12:00 pm Child &amp; Family Clinic</p> <p>12:00 pm Youth Services Bureau Walk-In Clinic</p> <p>12:00 pm Youth Services Bureau Walk-In Clinic</p> <p>3:00 pm Virtual groups for parents</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p> <p>5:30 pm The Bruch Bunch Junior</p>	<p>9:00 am Calendar of events - Équipe Psycho-sociale</p> <p>3:00 pm Therapeutic Groups for children and youth</p> <p>3:00 pm Virtual groups for parents</p> <p>4:00 pm Cool Kids - grades 3 to 5 and 6 to 8</p>	
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<https://calendar.kidscomefirst.ca>