

Thursday, May 1, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, May 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)

Anger Management...especially for parents

Date and Time: Thursday, May 1 6:00 pm - 8:00 pm

Address: zoom

Every Tuesday from May 1 to June 12, 2025. 6:00 to 8:00 PM.

\$300.00 by zoom

2SLGBTQIA+ Teen Neurodiversity Group

Date and Time: Thursday, May 1 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, May 2, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, May 2 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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- 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)

Monday, May 5, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, May 5 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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- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal chantal@pleo.on.ca)
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- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Tuesday, May 6, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, May 6 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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- 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)

Children's Friendship Group

Date and Time: Tuesday, May 6 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 through high conflict separation and divorce

Date and Time: Tuesday, May 6 6:00 pm - 8:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

\$400.00 per person. Limited subsidies available.

Every Tuesday (April 29 to June 10, 2025) and every Wednesday (April 30 to June 11, 2025).

6:00 to 8:00 PM

Parenting with confidence

Date and Time: Tuesday, May 6 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, May 7, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, May 7 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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Parenting through high conflict separation and divorce

Date and Time: Wednesday, May 7 6:00 pm - 8:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

\$400.00 per person. Limited subsidies available.

Every Tuesday (April 29 to June 10, 2025) and every Wednesday (April 30 to June 11, 2025).

6:00 to 8:00 PM

Thursday, May 8, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, May 8 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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Anger Management...especially for parents

Date and Time: Thursday, May 8 6:00 pm - 8:00 pm

Address: zoom

Every Tuesday from May 1 to June 12, 2025. 6:00 to 8:00 PM.

\$300.00 by zoom

2SLGBTQIA+ Teen Neurodiversity Group

Date and Time: Thursday, May 8 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, May 9, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, May 9 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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Monday, May 12, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, May 12 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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Tuesday, May 13, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, May 13 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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Children's Friendship Group

Date and Time: Tuesday, May 13 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 through high conflict separation and divorce

Date and Time: Tuesday, May 13 6:00 pm - 8:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

\$400.00 per person. Limited subsidies available.

Every Tuesday (April 29 to June 10, 2025) and every Wednesday (April 30 to June 11, 2025).

6:00 to 8:00 PM

Parenting with confidence

Date and Time: Tuesday, May 13 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, May 14, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, May 14 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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Parenting through high conflict separation and divorce

Date and Time: Wednesday, May 14 6:00 pm - 8:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

\$400.00 per person. Limited subsidies available.

Every Tuesday (April 29 to June 10, 2025) and every Wednesday (April 30 to June 11, 2025).

6:00 to 8:00 PM

Thursday, May 15, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, May 15 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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Anger Management...especially for parents

Date and Time: Thursday, May 15 6:00 pm - 8:00 pm

Address: zoom

Every Tuesday from May 1 to June 12, 2025. 6:00 to 8:00 PM.

\$300.00 by zoom

2SLGBTQIA+ Teen Neurodiversity Group

Date and Time: Thursday, May 15 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, May 16, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, May 16 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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Youth Wellness Hubs:

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Monday, May 19, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, May 19 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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Tuesday, May 20, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, May 20 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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Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM

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Children's Friendship Group

Date and Time: Tuesday, May 20 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 through high conflict separation and divorce

Date and Time: Tuesday, May 20 6:00 pm - 8:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

\$400.00 per person. Limited subsidies available.

Every Tuesday (April 29 to June 10, 2025) and every Wednesday (April 30 to June 11, 2025).

6:00 to 8:00 PM

Parenting with confidence

Date and Time: Tuesday, May 20 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, May 21, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, May 21 9:00 am - 8:00 pm

Address: in person and virtual

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- 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:

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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Parenting through high conflict separation and divorce

Date and Time: Wednesday, May 21 6:00 pm - 8:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

\$400.00 per person. Limited subsidies available.

Every Tuesday (April 29 to June 10, 2025) and every Wednesday (April 30 to June 11, 2025).

6:00 to 8:00 PM

Thursday, May 22, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, May 22 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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Anger Management...especially for parents

Date and Time: Thursday, May 22 6:00 pm - 8:00 pm

Address: zoom

Every Tuesday from May 1 to June 12, 2025. 6:00 to 8:00 PM.

\$300.00 by zoom

2SLGBTQIA+ Teen Neurodiversity Group

Date and Time: Thursday, May 22 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, May 23, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, May 23 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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Sunday, May 25, 2025

Snacks and Crafts

Date and Time: Sunday, May 25 10:00 am - 12:30 pm

Address: 1350 Wellington Street West, Ottawa

\$495.00

This is a neuro-affirming group for ages 9 to 12 created to provide opportunities to connect, relate and learn with peers.

Monday, May 26, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, May 26 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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PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, May 27 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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Children's Friendship Group

Date and Time: Tuesday, May 27 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 through high conflict separation and divorce

Date and Time: Tuesday, May 27 6:00 pm - 8:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

\$400.00 per person. Limited subsidies available.

Every Tuesday (April 29 to June 10, 2025) and every Wednesday (April 30 to June 11, 2025).

6:00 to 8:00 PM

Parenting with confidence

Date and Time: Tuesday, May 27 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, May 28, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, May 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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- 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
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Parenting through high conflict separation and divorce

Date and Time: Wednesday, May 28 6:00 pm - 8:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

\$400.00 per person. Limited subsidies available.

Every Tuesday (April 29 to June 10, 2025) and every Wednesday (April 30 to June 11, 2025).

6:00 to 8:00 PM

Thursday, May 29, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, May 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
- 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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Anger Management...especially for parents

Date and Time: Thursday, May 29 6:00 pm - 8:00 pm

Address: zoom

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\$300.00 by zoom

2SLGBTQIA+ Teen Neurodiversity Group

Date and Time: Thursday, May 29 6:30 pm - 7:30 pm

Address: Act Learning Centre - 106 Colonnade Road, Ottawa

\$700.00

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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, May 30, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, May 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.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter

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<https://calendar.kidscomefirst.ca>