

Sunday, June 1, 2025

Snacks and Crafts

Date and Time: Sunday, June 1 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, June 2, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, June 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
- 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)

Tuesday, June 3, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, June 3 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)

Children's Friendship Group

Date and Time: Tuesday, June 3 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, June 3 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, June 3 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, June 4, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, June 4 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)
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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:

- 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)

Parenting through high conflict separation and divorce

Date and Time: Wednesday, June 4 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, June 5, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, June 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
- 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, June 5 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, June 5 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, June 6, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, June 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
- 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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- 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)

Sunday, June 8, 2025

Snacks and Crafts

Date and Time: Sunday, June 8 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, June 9, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, June 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.

- 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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Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
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Tuesday, June 10, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, June 10 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)
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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:

- 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

Children's Friendship Group

Date and Time: Tuesday, June 10 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, June 10 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, June 10 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, June 11, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, June 11 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)
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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)

Parenting through high conflict separation and divorce

Date and Time: Wednesday, June 11 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, June 12, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, June 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.

- 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)
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Anger Management...especially for parents

Date and Time: Thursday, June 12 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, June 12 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, June 13, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, June 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.

- 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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- 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)

Monday, June 16, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, June 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.

- 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)
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Tuesday, June 17, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, June 17 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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- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from

Parenting Group on Supporting Emotional Wellbeing & Self-regulation for Children Ages 4 - 6

Date and Time: Tuesday, June 17 4:00 pm - 5:30 pm

Address: 850 McConnell Ave, Cornwall

For caregivers of children aged 4 to 6 years. Cornwall Hospital's Child and Youth Mental Health Services.

Children's Friendship Group

Date and Time: Tuesday, June 17 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, June 17 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, June 18, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, June 18 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)

Thursday, June 19, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, June 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.

- 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

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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)

2SLGBTQIA+ Teen Neurodiversity Group

Date and Time: Thursday, June 19 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, June 20, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, June 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.

- 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:

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Monday, June 23, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, June 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.

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Tuesday, June 24, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, June 24 9:00 am - 8:00 pm

Address: in person and virtual

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Parenting Group on Supporting Emotional Wellbeing & Self-regulation for Children Ages 4 - 6

Date and Time: Tuesday, June 24 4:00 pm - 5:30 pm

Address: 850 McConnell Ave, Cornwall

For caregivers of children aged 4 to 6 years. Cornwall Hospital's Child and Youth Mental Health Services.

Children's Friendship Group

Date and Time: Tuesday, June 24 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.

ldren 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.

Wednesday, June 25, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, June 25 9:00 am - 8:00 pm

Address: in person and virtual

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Thursday, June 26, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, June 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.

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Friday, June 27, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, June 27 9:00 am - 8:00 pm

Address: in person and virtual

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Monday, June 30, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, June 30 9:00 am - 8:00 pm

Address: in person and virtual

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<https://calendar.kidscomefirst.ca>