

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p> <p>1:00 pm Around The Rainbow Art & Play Drop In Group - Family Services Ottawa</p> <p>1:15 pm Brunch Bunch (grade 6 to 8)</p>
<p>2</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p>	<p>3</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Support Groups - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling -</p>	<p>4</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am Franc</p>	<p>5</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & Family Clinic</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Franc</p>	<p>6</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Franc</p>	<p>7</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Embrun</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p>	<p>8</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p> <p>1:15 pm Brunch Bunch (grade 6 to 8)</p>

Open Doors for Lanark Children & Youth	Succès - Vanier Community Services Centre	Succès - Vanier Community Services Centre	Succès - Vanier Community Services Centre	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth
9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth
9:00 am Franc Succès - Vanier Community Services Centre	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	10:00 am Nobody's Perfect - Bethany Hope Centre	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth
11:00 am Walk-In Clinic - Le Cap	10:00 am Baby Love - Bethany Hope Centre	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa
1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	12:00 pm Walk-In Clinic - Youth Services Bureau	9:30 am L'éveil des tout-petits - Vanier Community Services Centre	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland	4:00 pm Youth Drop In - Vanier Community Services Centre
1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm SMART Recovery	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am The Walk-In Counselling Clinic - Renfrew County	4:30 pm Youth Drop in - Wabano Centre
6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	12:00 pm Drop in support group - Équipe psychosociale pour enfants et adolescents francophones	11:30 am E-walk-in Counselling Clinic	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre
	12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre	12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre	12:00 pm Crossroads - Child & Family Clinic	
	12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre	12:00 pm The Walk-In Counselling Clinic - Jewish Family Services	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	
	12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services	12:00 pm SMART Recovery	
	1:30 pm Buns in the Oven - Vanier Community Health Centre	1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services	12:00 pm Walk-In Clinic - Youth Services Bureau	
	4:00 pm LGBTQ2S Support Group - Open Doors for Lanark Children & Youth	1:00 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre	12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)	
	5:00 pm Perfectionism Group (English only)		12:15 pm Entre Filles - Vanier Community Health Centre	
	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest			

		<p>Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO (ADHD focus)</p> <p>6:30 pm PFLAG Canada - Peer Support Meetings</p>	<p>Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:00 pm Youth Drop Ins and Fall 2023 Groups - Youth Net</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>		
<p>9</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>5:00 pm Don't Flip Your Lid (English only)</p> <p>5:00 pm Correction Through Connection: Supporting your child with their intense emotions (english only)</p>	<p>10</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Handwriting Group - ages 8 to 10 years</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>11:00 am Walk-In Clinic - Le Cap</p> <p>1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland</p>	<p>11</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Handwriting Group - ages 8 to 10 years</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>10:00 am Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>10:00 am Baby Love - Bethany Hope</p>	<p>12</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & Family Clinic</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Handwriting Group - ages 8 to 10 years</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health</p>	<p>13</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Handwriting Group - ages 8 to 10 years</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>10:00 am Nobody's Perfect - Bethany Hope Centre</p> <p>10:00 am Youth Wellness Hub for Youth - Walk-in</p>	<p>14</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>12:00 pm The Walk-</p>	<p>15</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p> <p>1:15 pm Brunch Bunch (grade 6 to 8)</p>

	<p>4:00 pm Youth Wellness Hub for parents and care givers - Walk-in Rockland</p> <p>5:00 pm SPACE Group (english only)</p> <p>5:00 pm DBT Skills Family Group (English only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>Centre</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p> <p>12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm Drop In Support - Open Doors for Lanark Children & Youth</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>5:00 pm Perfectionism Group (English only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>Centre</p> <p>9:30 am L'éveil des tout-petits - Vanier Community Services Centre</p> <p>11:00 am Drop in support - Children's mental health of Leeds & Grenville</p> <p>12:00 pm Drop in support group - Équipe psychosociale pour enfants et adolescents francophones</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Support Groups - Open Doors for Lanark Children & Youth</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook</p> <p>2:00 pm Youth Summer Outings</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>Cornwall</p> <p>11:00 am Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>11:30 am The Walk-In Counselling Clinic - Renfrew County</p> <p>11:30 am E-walk-in Counselling Clinic</p> <p>12:00 pm Crossroads - Child & Family Clinic</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>	<p>In Counselling Clinic - CFS/SFC Ottawa</p> <p>4:00 pm Youth Drop In - Vanier Community Services Centre</p> <p>4:30 pm Youth Drop in - Wabano Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	
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16	17	18	19	20	21	22
7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre
12:00 pm The Walk-In Counselling Clinic - Jewish Family Services	9:00 am Counselling Services - Vanier Community Service Centre	9:00 am Counselling Services - Vanier Community Service Centre	9:00 am Crossroads - Child & Family Clinic	9:00 am Counselling Services - Vanier Community Service Centre	9:00 am Counselling Services - Vanier Community Service Centre	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa
5:00 pm Don't Flip Your Lid (English only)	9:00 am Social Skills Group (age 9 to 12)	9:00 am Social Skills Group (age 9 to 12)	9:00 am Counselling Services - Vanier Community Service Centre	9:00 am Social Skills Group (age 9 to 12)	9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	
5:00 pm Correction Through Connection: Supporting your child with their intense emotions (english only)	9:00 am Team games and cold treats	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Social Skills Group (age 9 to 12)	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	1:15 pm Brunch Bunch (grade 6 to 8)
	9:00 am Support Groups - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Franc Succès - Vanier Community Services Centre	
	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	
	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	
	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	
	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	10:00 am Nobody's Perfect - Bethany Hope Centre	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	
	9:00 am Franc Succès - Vanier Community Services Centre	10:00 am Baby Love - Bethany Hope Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	4:00 pm Youth Drop In - Vanier Community Services Centre	
	11:00 am Walk-In Clinic - Le Cap	12:00 pm Walk-In Clinic - Youth Services Bureau	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland	4:30 pm Youth Drop in - Wabano Centre	
	1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	12:00 pm SMART Recovery	9:30 am L'éveil des tout-petits - Vanier Community Services Centre	11:30 am The Walk-In Counselling Clinic - Renfrew County	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am E-walk-in Counselling Clinic		
	5:00 pm SPACE	12:00 pm The Walk-In Counselling		12:00 pm Crossroads - Child & Family Clinic		

	<p>Group (english only)</p> <p>5:00 pm DBT Skills Family Group (English only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest</p> <p>Queensway Community Health Centre</p>	<p>Clinic - Somerset West Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>4:00 pm Treasure hunt (park outing)</p> <p>4:00 pm LGBTQ2S Support Group - Open Doors for Lanark Children & Youth</p> <p>5:00 pm Perfectionism Group (English only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest</p> <p>Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO (ADHD focus)</p>	<p>12:00 pm Drop in support group - Équipe psychosociale pour enfants et adolescents francophones</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown</p> <p>Community Health Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest</p> <p>Queensway Community Health Centre</p> <p>2:00 pm Untangle your anxiety - grade 7 to 12</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest</p> <p>Queensway Community Health Centre</p>	<p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire</p> <p>Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>3:00 pm Youth Space Paint Night - grade 7 to 12</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest</p> <p>Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>									
23	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish</p>	24	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	25	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	26	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & Family Clinic</p>	27	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	28	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	29	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p>

Family Services	Centre	Centre	Centre	Centre	Centre	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa
5:00 pm Don't Flip Your Lid (English only)	9:00 am Dinner nachos	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Counselling Services - Vanier Community Service Centre	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	
5:00 pm Correction Through Connection: Supporting your child with their intense emotions (english only)	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	
	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	
	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	
	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	
	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	9:00 am Franc Succès - Vanier Community Services Centre	10:00 am Nobody's Perfect - Bethany Hope Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	
	11:00 am Walk-In Clinic - Le Cap	10:00 am Baby Love - Bethany Hope Centre	10:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	
	1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	12:00 pm SMART Recovery	9:30 am L'éveil des tout-petits - Vanier Community Services Centre	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	
	4:00 pm Youth Wellness Hub for parents and care givers - Walk-in Rockland	12:00 pm Walk-In Clinic - Youth Services Bureau	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am The Walk-In Counselling Clinic - Renfrew County	4:00 pm Youth Drop In - Vanier Community Services Centre	
	5:00 pm SPACE Group (english only)	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	12:00 pm Drop in support group - Équipe psychosociale pour enfants et adolescents francophones	11:30 am E-walk-in Counselling Clinic	4:30 pm Youth Drop in - Wabano Centre	
	5:00 pm DBT Skills Family Group (English only)	12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre	12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre	12:00 pm Crossroads - Child & Family Clinic	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health	12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre		12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa		
				12:00 pm Walk-In Clinic - Youth Services Bureau		

	Centre	<p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm Drop In Support - Open Doors for Lanark Children & Youth</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>4:00 pm Kids Space - Dinner Nachos</p> <p>5:00 pm Perfectionism Group (English only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Coping with Grief - ages 8 to 12</p> <p>6:30 pm Coping with Grief - ages 13 to 16</p>	<p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Support Groups - Open Doors for Lanark Children & Youth</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook</p> <p>2:00 pm Untangle your anxiety - grade 7 to 12</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO</p> <p>7:00 pm PFLAG Canada - Peer Support Meetings</p>	<p>12:00 pm SMART Recovery</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm Youth Wellness Hub for parents and caregivers - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>		
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<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>5:00 pm Correction</p>	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am painting</p>					

<p>Through Connection: Supporting your child with their intense emotions (english only)</p> <p>5:00 pm Don't Flip Your Lid (English only)</p>	<p>with adhesive tape</p> <p>9:00 am Support Groups - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>11:00 am Walk-In Clinic - Le Cap</p> <p>1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>1:00 pm Drop In Support - Open Doors for Lanark Children & Youth</p> <p>5:00 pm DBT Skills Family Group (English only)</p> <p>5:00 pm SPACE Group (english only)</p> <p>6:00 pm Around the Rainbow - Transcend Youth Group - Family Services Ottawa</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>					
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