## **July 2023**

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

	Open Doors for	Succès - Vanier	Succès - Vanier	Succès - Vanier	9:00 am Talk-In	
l	Lanark Children &	Community	Community Services	Community	Single Sessions -	
ı	Youth	Services Centre	Centre	Services Centre	Open Doors for	
ı	0.00 = 1				Lanark Children &	
ı	9:00 am Early	9:00 am Early	9:00 am Youth	9:00 am Early	Youth	
ı	Learning and Parenting	Learning and Parenting	Wellness Hub for Youth - Walk-in	Learning and Parenting	9:00 am Brief	
ı	Workshops -	Workshops -	Embrun	Workshops -	Counselling Services	
ı	Pinecrest	Pinecrest		Pinecrest	- Open Doors for	
ı	Queensway	Queensway	9:00 am Talk-In	Queensway	Lanark Children &	
ı	Community Health	Community Health	Single Sessions -	Community Health	Youth	
ı	Centre	Centre	Open Doors for	Centre		
ı	0.00	10.00 3741	Lanark Children &	10.00 N. 1 . 1-1-	9:00 am School	
ı	9:00 am Franc Succès - Vanier	10:00 am Youth Wellness Hub for	Youth	10:00 am Nobody's Perfect - Bethany	Based Counselling - Open Doors for	
ı	Community	Youth - Walk-in	9:00 am Brief	Hope Centre	Lanark Children &	
ı	Services Centre	Rockland	Counselling Services	Hope Centre	Youth	
ı			- Open Doors for	10:00 am Youth		
ı	11:00 am Walk-In	10:00 am Baby Love	Lanark Children &	Wellness Hub for	12:00 pm The Walk-	
ı	Clinic - Le Cap	- Bethany Hope	Youth	Youth - Walk-in	In Counselling Clinic	
ı	1:00 pm Youth	Centre	9:00 am School	Cornwall	- CFS/SFC Ottawa	
ı	Wellness Hub for	12:00 pm Walk-In	Based Counselling -	11:00 am Youth	4:00 pm Youth Drop	
ı	Youth - Walk-in	Clinic - Youth	Open Doors for	Wellness Hub for	In - Vanier	
ı	Rockland	Services Bureau	Lanark Children &	Youth - Walk-in	Community	
ı	1:00 pm Drop In	12:00 pm SMART	Youth	Rockland	Services Centre	
ı	Support - Open	Recovery	9:30 am L'éveil des	11:30 am The Walk-	4:30 pm Youth Drop	
ı	Doors for Lanark	,	tout-petits - Vanier	In Counselling Clinic	in - Wabano Centre	
ı	Children & Youth	12:00 pm The Walk-	Community Services	- Renfrew County		
ı	( 00 G 1'	In Counselling	Centre	•	6:00 pm Somali	
ı	6:00 pm Somali	Clinic - Family	11.00 D :-	11:30 am E-walk-in	Youth Support	
ı	Youth Support Project and Somali	Services Ottawa	11:00 am Drop in support - Children's	Counselling Clinic	Project and Somali Parent Supports -	
ı	Parent Supports -	12:00 pm The Walk-	mental health of	12:00 pm	Pinecrest	
ı	Pinecrest	In Counselling	Leeds & Grenville	Crossroads - Child	Queensway	
ı	Queensway	Clinic - Somerset		& Family Clinic	Community Health	
ı	Community Health	West Community	12:00 pm Drop in	12:00 pm The Walk-	Centre	
ı	Centre	Centre	support group -	In Counselling Clinic		
ı		12:00 pm The Walk-	Équipe psycho- sociale pour enfants	- CFS/SFC Ottawa		
ı		In Counselling	et adolescents	12.00 CMADT		
ı		Clinic - South East	francophones	12:00 pm SMART Recovery		
ı		Ottawa Community	_	Recovery		
ı		Centre	12:00 pm The Walk-	12:00 pm Walk-In		
ı		12:00 pm Youth	In Counselling Clinic	Clinic - Youth		
ı		Wellness Hub for	- Centretown Community Health	Services Bureau		
ı		Youth - Walk-in	Centre	12:00 pm The Walk-		
ı		Cornwall		In Counselling Clinic		
ı		1:30 pm Buns in the	12:00 pm The Walk-	- Renfrew County		
l		Oven - Vanier	In Counselling Clinic	Collective (Arnprior		
		Community Health	- Jewish Family Services	Health Team)		
		Centre	SCIVICES	12:15 pm Entre		
		4:00 pm LGBTQ2S	12:00 pm Youth	Filles - Vanier		
l		Support Group -	Wellness Hub for	Community Health		
l		Open Doors for	Youth - Walk-in	Centre		
		Lanark Children &	Cornwall	1:00 pm The Walk-		
		Youth	1:00 pm The Walk-	In Counselling Clinic		
		5,00 mm	In Counselling Clinic	- Inspire		
		5:00 pm Perfectionism	- North Renfrew	Community Support		
		Group (English	Family Services	Services		
		only)	1:00 pm	1:30 pm The Walk-		
			Neighbourhood	In Counselling Clinic		
		6:00 pm Somali	Health and Wellness	- Nepean, Rideau &		
		Youth Support	Hubs -	Osgoode		
		Project and Somali Parent Supports -	Heatherington	Community		
		Pinecrest	1:00 pm	Resource Centre		

1:00 pm

Pinecrest

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

	4.00 V	Centre	Centre	Cornwall	In Counselling Clinic	
	4:00 pm Youth Wellness Hub for	12:00 pm SMART	9:30 am L'éveil des	11:00 am Youth	- CFS/SFC Ottawa	
	parents and care	Recovery	tout-petits - Vanier	Wellness Hub for	4:00 pm Youth Drop	
١,	givers - Walk-in Rockland	12:00 pm Walk-In	Community Services Centre	Youth - Walk-in Rockland	In - Vanier Community	
	5:00 pm SPACE	Clinic - Youth Services Bureau	11:00 am Drop in	11:30 am The Walk-	Services Centre	
(	Group (english	12:00 pm The Walk-	support - Children's	In Counselling Clinic	4:30 pm Youth Drop	
(	only)	In Counselling	mental health of Leeds & Grenville	- Renfrew County	in - Wabano Centre	
	5:00 pm DBT Skills	Clinic - Family Services Ottawa	12:00 pm Drop in	11:30 am E-walk-in Counselling Clinic	6:00 pm Somali	
	Family Group (English only)		support group -		Youth Support Project and Somali	
(	6:00 pm Somali	12:00 pm The Walk- In Counselling	Équipe psycho-	12:00 pm Crossroads - Child	Parent Supports -	
1	Youth Support	Clinic - South East	sociale pour enfants et adolescents	& Family Clinic	Pinecrest Queensway	
	Project and Somali Parent Supports -	Ottawa Community Centre	francophones	12:00 pm The Walk-	Community Health	
]	Pinecrest	12:00 pm The Walk-	12:00 pm	In Counselling Clinic - CFS/SFC Ottawa	Centre	
	Queensway Community Health	In Counselling	Neighbourhood Health and Wellness	12:00 pm Walk-In		
(	Centre	Clinic - Somerset West Community	Hubs - ACB	Clinic - Youth		
		Centre	Wellness Centre	Services Bureau		
		12:00 pm Youth	12:00 pm The Walk- In Counselling Clinic	12:00 pm SMART Recovery		
		Wellness Hub for Youth - Walk-in	- Jewish Family	12:00 pm		
		Cornwall	Services	Neighbourhood		
		1:00 pm Drop In	12:00 pm The Walk- In Counselling Clinic	Health and Wellness		
		Support - Open Doors for Lanark	- Centretown	Hubs - Caldwell		
		Children & Youth	Community Health Centre	12:00 pm The Walk- In Counselling Clinic		
		1:30 pm Buns in the	12:00 pm Youth	- Renfrew County		
		Oven - Vanier	Wellness Hub for	Collective (Arnprior Health Team)		
		Community Health Centre	Youth - Walk-in Cornwall	12:15 pm Entre		
		5:00 pm		Filles - Vanier		
		Perfectionism	1:00 pm The Walk- In Counselling Clinic	Community Health Centre		
		Group (English only)	- North Renfrew	1:00 pm Youth		
		6:00 pm Somali	Family Services	Wellness Hub for		
		Youth Support	1:00 pm Support Groups - Open	parents and care givers - Walk-in		
		Project and Somali Parent Supports -	Doors for Lanark	Cornwall		
		Pinecrest	Children & Youth	1:00 pm The Walk-		
		Queensway Community Health	1:00 pm Neighbourhood	In Counselling Clinic - Inspire		
		Centre	Health and Wellness	Community Support		
			Hubs - Heatherington	Services		
			1:00 pm	1:30 pm The Walk- In Counselling Clinic		
			Neighbourhood	- Nepean, Rideau &		
			Health and Wellness Hubs - St. Laurent	Osgoode Community		
			Overbrook	Resource Centre		
			2:00 pm Youth	6:00 pm Somali		
			Summer Outings	Youth Support Project and Somali		
			3:00 pm Counselling Services - Vanier	Parent Supports -		
			Community Service	Pinecrest Queensway		
			Centre	Community Health		
			5:30 pm Dad's matter - Bethany	Centre		
			Hope Centre	7:00 pm SMART Recovery for		
			6:00 pm Somali	Families and		
			Youth Support Project and Somali	Caregivers		
			Parent Supports - Pinecrest			
			Queensway			
			Community Health Centre			
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16	17	18	19	20	21	22	
7:00 am Creating	7:00 am Creating	7:00 am Creating	7:00 am Creating	7:00 am Creating	7:00 am Creating	7:00 am	
Opportunities &	Opportunities &	Opportunities &	Opportunities &	Opportunities &	Opportunities &	Creating	
Resources Against	Resources Against	Resources Against	Resources Against	Resources Against	Resources Against	Opportunities	
the Trafficking of	the Trafficking of	the Trafficking of	the Trafficking of	the Trafficking of	the Trafficking of	& Resources	
Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	Against the	
- Roberts Smart	- Roberts Smart	- Roberts Smart	- Roberts Smart	- Roberts Smart	- Roberts Smart	Trafficking of	
Centre	Centre	Centre	Centre	Centre	Centre	Humans (CORATH) -	
12:00 pm The	9:00 am Counselling	9:00 am Counselling	9:00 am Crossroads	9:00 am Counselling	9:00 am Counselling	Roberts	
Walk-In Counselling	Services - Vanier	Services - Vanier	- Child & Family	Services - Vanier	Services - Vanier	Smart Centre	
Clinic - Jewish	Community Service Centre	Community Service Centre	Clinic	Community Service Centre	Community Service Centre	12:00 pm The	
Family Services	Centre		9:00 am Counselling	Centre	Centre	Walk-In	
5:00 pm Don't Flip	9:00 am Social	9:00 am Social	Services - Vanier	9:00 am Social Skills	9:00 am Youth	Counselling	
Your Lid (English	Skills Group (age 9	Skills Group (age 9	Community Service	Group (age 9 to 12)	Wellness Hub for	Clinic -	
only)	to 12)	to 12)	Centre	9:00 am School	Youth - Walk-in Embrun	Family	
5:00 pm Correction	9:00 am Team	9:00 am Talk-In	9:00 am Social Skills	Based Counselling -		Services	
Through	games and cold	Single Sessions -	Group (age 9 to 12)	Open Doors for	9:00 am Early	Ottawa	
Connection:	treats	Open Doors for	9:00 am Youth	Lanark Children &	Learning and	1:15 pm	
Supporting your child with their	9:00 am Support	Lanark Children & Youth	Wellness Hub for	Youth	Parenting Workshops -	Brunch Bunch	
intense emotions	Groups - Open		Youth - Walk-in	9:00 am Brief	Pinecrest	(grade 6 to 8)	
(english only)	Doors for Lanark	9:00 am School	Hawkesbury	Counselling Services	Queensway		
, ,	Children & Youth	Based Counselling - Open Doors for	9:00 am Early	- Open Doors for Lanark Children &	Community Health		
	9:00 am Talk-In	Lanark Children &	Learning and	Youth	Centre		
	Single Sessions -	Youth	Parenting		9:00 am Franc		
	Open Doors for		Workshops -	9:00 am Talk-In	Succès - Vanier		
	Lanark Children & Youth	9:00 am Brief Counselling	Pinecrest Queensway	Single Sessions - Open Doors for	Community		
		Services - Open	Community Health	Lanark Children &	Services Centre		
	9:00 am Brief	Doors for Lanark	Centre	Youth	9:00 am Talk-In		
	Counselling Services - Open	Children & Youth	9:00 am Franc	9:00 am Franc	Single Sessions -		
	Doors for Lanark	9:00 am Franc	Succès - Vanier	Succès - Vanier	Open Doors for		
	Children & Youth	Succès - Vanier	Community Services	Community	Lanark Children &		
	0.00 5-11	Community	Centre	Services Centre	Youth		
	9:00 am School Based Counselling -	Services Centre	9:00 am Youth	9:00 am Early	9:00 am Brief		
	Open Doors for	9:00 am Early	Wellness Hub for	Learning and	Counselling Services		
	Lanark Children &	Learning and	Youth - Walk-in	Parenting	- Open Doors for Lanark Children &		
	Youth	Parenting	Embrun	Workshops -	Youth		
	9:00 am Early	Workshops -	9:00 am Talk-In	Pinecrest			
	Learning and	Pinecrest Queensway	Single Sessions -	Queensway Community Health	9:00 am School Based Counselling -		
	Parenting	Community Health	Open Doors for	Centre	Open Doors for		
	Workshops -	Centre	Lanark Children &	40.00	Lanark Children &		
	Pinecrest	10:00 am Youth	Youth	10:00 am Nobody's	Youth		
	Queensway Community Health	Wellness Hub for	9:00 am Brief	Perfect - Bethany Hope Centre	12:00 pm The Walk-		
	Centre	Youth - Walk-in	Counselling Services	_	In Counselling Clinic		
	9:00 am Franc	Rockland	- Open Doors for Lanark Children &	10:00 am Youth Wellness Hub for	- CFS/SFC Ottawa		
	Succès - Vanier	10:00 am Baby Love	Youth	Youth - Walk-in	4:00 pm Youth Drop		
	Community	- Bethany Hope		Cornwall	In - Vanier		
	Services Centre	Centre	9:00 am School	11:00 am Youth	Community		
	11:00 am Walk-In	12:00 pm Walk-In	Based Counselling - Open Doors for	Wellness Hub for	Services Centre		
	Clinic - Le Cap	Clinic - Youth	Lanark Children &	Youth - Walk-in	4:30 pm Youth Drop		
	_	Services Bureau	Youth	Rockland	in - Wabano Centre		
	1:00 pm Youth Wellness Hub for	12:00 pm SMART	9:30 am L'éveil des	11:30 am The Walk-	6:00 pm Somali		
	Youth - Walk-in	Recovery	tout-petits - Vanier	In Counselling Clinic	Youth Support		
	Rockland	_	Community Services	- Renfrew County	Project and Somali		
	1:00 nm Dron In	12:00 pm The Walk- In Counselling	Centre	11:30 am E-walk-in	Parent Supports -		
	1:00 pm Drop In Support - Open	Clinic - Family	11:00 am Drop in	Counselling Clinic	Pinecrest		
	Doors for Lanark	Services Ottawa	support - Children's	_	Queensway		
1	Children & Youth		mental health of	12:00 pm	Community Health Centre		
i	5:00 pm SPACE	12:00 pm The Walk- In Counselling	Leeds & Grenville	Crossroads - Child & Family Clinic	Contro		
	5.00 pm of ACE	in Combening	I	a ranniy Cimit	I	ı	

Oven - Vanier Community Health Centre  4:00 pm Treasure hunt (park outing) 4:00 pm LgBTQ2S Support Group - Open Doors for Lanark Children & Youth  5:00 pm Perfectionism Group (English only) 6:00 pm Somali Youth Support Princerest Queensway Community Health Centre  6:30 pm Drop in Support group for parents - PLEO (ADHD focus)  Services  12:00 pm Youth Wellness Hub for Youth - Walk-in Comwall 1:00 pm The Walk-in In Counselling Clinic - Inspire Community Services 1:00 pm The Walk-in Counselling Clinic - Inspire Community Services 1:00 pm The Walk-in Counselling Clinic - Nepean, Rideau & Osgoode Health and Wellness Hubs - Pinecrest Queensway Community Health Centre  6:30 pm Drop in Support group for parents - PLEO (ADHD focus)  3:00 pm Counselling Community Health Centre  2:00 pm Untangle your anxiety - grade 7 to 12 3:00 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 Centre  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 Centre  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 Centre		
	28	29 7:00 am
Opportunities & Opportunities & Opportunities & Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  Opportunities & Opportunities & Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  Opportunities & Opportunities & Resources Against the Trafficking of Hesources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  Opportunities & Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  Opportunities & Resources Against Tesources Against Tesour	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) -
Walk-In Counselling   Services - Vanier   Services - Vanier   - Child & Family   Services - Vanier	9:00 am Counselling Services - Vanier Community Service	Roberts Smart Centre

9.00 am Dav't Fijo Your Lid (English only) 9.00 am Talk-In Song part Commenting Services - Vanier Open Doers for Lanark Children & Youth Open Doers for Lanark Children & Yout	Family Services	Centre	Centre		Centre	Centre	12:00 pm The
Touright only)  5:00 pm Correction Through 5:00 pm Selection Suggle Sessions - Colorate Miles of Supporting your child with their intense emotions (engish entity)  9:00 am Brief Counselling - Services - Open Doors for Lanark Children & Youth Open Doors		200 5:		9:00 am Counselling			
Soly pm Correction Through or community Services - Open Doors for Lamark Children & Youth Single Seasons— Chopmosons for Lamark Children & Youth Single Seasons— Chil					I .		Counselling
Doors for Lamark Children & Youth Singla Sessions - Open Doors for Lamark Children & Youth Singla Sessions		nachos		,			Clinic -
Doors for Lanark Children & Youth   Surgice Sessions - Open Door	only)	9:00 am Talk-In		Centre			Family
Connection: Cameration: Lanark Children & Youth Supporting your child with their intense emotions (english only)  Popul man School Based Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children & Youth Popul man Brief Counselling - Open Doors for Lanark Children &	5:00 pm Correction			9:00 am Talk-In		Alexandria	Services
Comection: Supporting your   Youth   Support   Youth   Supporting your   Youth   Support   Youth			Children & Youth		Youth	9:00 am Youth	Ottawa
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	Centre	12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall  1:00 pm Drop In Support - Open Doors for Lanark Children & Youth  1:30 pm Buns in the Oven - Vanier Community Health Centre  4:00 pm Kids Space - Dinner Nachos  5:00 pm Perfectionism Group (English only)  6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre  6:30 pm Coping with Grief - ages 8 to 12  6:30 pm Coping with Grief - ages 13 to 16	12:00 pm The Walk-In Counselling Clinic - Jewish Family Services  12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre  12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall  1:00 pm The Walk-in Conselling Clinic - North Renfrew Family Services  1:00 pm Support Groups - Open Doors for Lanark Children & Youth  1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington  1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington  1:00 pm Neighbourhood Services  1:00 pm Intangle your anxiety - grade 7 to 12  3:00 pm Counselling Services - Vanier Community Service Centre  5:30 pm Dad's matter - Bethany Hope Centre  6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre  6:30 pm Drop in Support group for parents - PLEO  7:00 pm PFLAG Canada - Peer Support Meetings	12:00 pm SMART Recovery 12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell 12:00 pm The Walk- In Counselling Clinic - Renfrew County Collective (Arnprior Health Team) 12:15 pm Entre Filles - Vanier Community Health Centre 1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall 1:00 pm The Walk- In Counselling Clinic - Inspire Community Support Services 1:30 pm The Walk- In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 7:00 pm SMART Recovery for Families and Caregivers	
30 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 5:00 pm Correction	31 7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 am Counselling Services - Vanier Community Service Centre 9:00 am painting				

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