

## Monday, July 1, 2024

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### Therapeutic Groups for children and youth

Date and Time: Monday, July 1 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

### Virtual groups for parents

Date and Time: Monday, July 1 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

### Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Monday, July 1 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Tuesday, July 2, 2024

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### Virtual groups for parents

Date and Time: Tuesday, July 2 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Therapeutic Groups for children and youth

Date and Time: Tuesday, July 2 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Tuesday, July 2 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

***This group is NOT free. Please e-mail agency for additional details.***

## Pens and Paints - age 13 to 20

Date and Time: Tuesday, July 2 4:00 pm - 6:00 pm

Address: 2305 St. Laurent Blvd., Unit 300 B, Ottawa

**FREE.** Join us to learn how to cope with stress through visual arts and creative writing. As a group, you will connect with other youth, refine your favourite art skills or try out some new ones! **English only.**

## Wednesday, July 3, 2024

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Date and Time: Wednesday, July 3 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Therapeutic Groups for children and youth

Date and Time: Wednesday, July 3 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Virtual groups for parents

Date and Time: Wednesday, July 3 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Wednesday, July 3 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

***This group is NOT free. Please e-mail agency for additional details.***

## Child & Family Clinic

Date and Time: Thursday, July 4 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, July 4 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, July 4 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Therapeutic Groups for children and youth

Date and Time: Thursday, July 4 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)

- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Virtual groups for parents

Date and Time: Thursday, July 4 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Thursday, July 4 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Friday, July 5, 2024

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### Virtual groups for parents

Date and Time: Friday, July 5 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

### Therapeutic Groups for children and youth

Date and Time: Friday, July 5 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Friday, July 5 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Monday, July 8, 2024

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### Social Skills Group - Ages 5 to 8 & 9 to 12

Date and Time: Monday, July 8 9:00 am - 11:15 am

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** A group program designed to help kids increase self-esteem and confidence in social situations. Learn to form meaningful relationships by learning social cues, using social behaviour and conflict resolution.

9 to 12 years old - July 8 to 11, 2024. 9:00 AM to 11:15 AM.

5 to 8 years old - July 15 to 18, 2024. 9:00 AM to 11:15 AM.

### Virtual groups for parents

Date and Time: Monday, July 8 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Therapeutic Groups for children and youth

Date and Time: Monday, July 8 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Monday, July 8 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Tuesday, July 9, 2024

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### Social Skills Group - Ages 5 to 8 & 9 to 12

Date and Time: Tuesday, July 9 9:00 am - 11:15 am

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** A group program designed to help kids increase self-esteem and confidence in social situations. Learn to form meaningful relationships by learning social cues, using social behaviour and conflict resolution.

9 to 12 years old - July 8 to 11, 2024. 9:00 AM to 11:15 AM.

5 to 8 years old - July 15 to 18, 2024. 9:00 AM to 11:15 AM.

### Virtual groups for parents

Date and Time: Tuesday, July 9 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Therapeutic Groups for children and youth

Date and Time: Tuesday, July 9 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Tuesday, July 9 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

***This group is NOT free. Please e-mail agency for additional details.***

## Pens and Paints - age 13 to 20

Date and Time: Tuesday, July 9 4:00 pm - 6:00 pm

Address: 2305 St. Laurent Blvd., Unit 300 B, Ottawa

**FREE.** Join us to learn how to cope with stress through visual arts and creative writing. As a group, you will connect with other youth, refine your favourite art skills or try out some new ones! **English only.**

## Wednesday, July 10, 2024

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### Social Skills Group - Ages 5 to 8 & 9 to 12

Date and Time: Wednesday, July 10 9:00 am - 11:15 am

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** A group program designed to help kids increase self-esteem and confidence in social situations. Learn to form meaningful relationships by learning social cues, using social behaviour and conflict



resolution.

9 to 12 years old - July 8 to 11, 2024. 9:00 AM to 11:15 AM.

5 to 8 years old - July 15 to 18, 2024. 9:00 AM to 11:15 AM.

## Child & Family Clinic

Date and Time: Wednesday, July 10 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Therapeutic Groups for children and youth

Date and Time: Wednesday, July 10 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Virtual groups for parents

Date and Time: Wednesday, July 10 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Wednesday, July 10 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Thursday, July 11, 2024

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### Social Skills Group - Ages 5 to 8 & 9 to 12

Date and Time: Thursday, July 11 9:00 am - 11:15 am

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** A group program designed to help kids increase self-esteem and confidence in social situations. Learn to form meaningful relationships by learning social cues, using social behaviour and conflict resolution.

9 to 12 years old - July 8 to 11, 2024. 9:00 AM to 11:15 AM.

5 to 8 years old - July 15 to 18, 2024. 9:00 AM to 11:15 AM.

### Child & Family Clinic

Date and Time: Thursday, July 11 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

### Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, July 11 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, July 11 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Therapeutic Groups for children and youth

Date and Time: Thursday, July 11 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Virtual groups for parents

Date and Time: Thursday, July 11 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Thursday, July 11 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

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## Friday, July 12, 2024

## Virtual groups for parents

Date and Time: Friday, July 12 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Therapeutic Groups for children and youth

Date and Time: Friday, July 12 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Friday, July 12 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

***This group is NOT free. Please e-mail agency for additional details.***

## Monday, July 15, 2024

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### Social Skills Group - Ages 5 to 8 & 9 to 12

Date and Time: Monday, July 15 9:00 am - 11:15 am

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** A group program designed to help kids increase self-esteem and confidence in social

situations. Learn to form meaningful relationships by learning social cues, using social behaviour and conflict resolution.

9 to 12 years old - July 8 to 11, 2024. 9:00 AM to 11:15 AM.

5 to 8 years old - July 15 to 18, 2024. 9:00 AM to 11:15 AM.

## Life Skills: Fun, function and friends

Date and Time: Monday, July 15 11:30 am - 1:30 pm

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** This is a 5 day program is designed to help youth build independence in various life skills. Our small and intimate group will allow hands on experiences in various settings.

## Virtual groups for parents

Date and Time: Monday, July 15 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Therapeutic Groups for children and youth

Date and Time: Monday, July 15 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grade 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Monday, July 15 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for

grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Tuesday, July 16, 2024

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### Social Skills Group - Ages 5 to 8 & 9 to 12

Date and Time: Tuesday, July 16 9:00 am - 11:15 am

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** A group program designed to help kids increase self-esteem and confidence in social situations. Learn to form meaningful relationships by learning social cues, using social behaviour and conflict resolution.

9 to 12 years old - July 8 to 11, 2024. 9:00 AM to 11:15 AM.

5 to 8 years old - July 15 to 18, 2024. 9:00 AM to 11:15 AM.

### Life Skills: Fun, function and friends

Date and Time: Tuesday, July 16 11:30 am - 1:30 pm

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** This is a 5 day program is designed to help youth build independence in various life skills. Our small and intimate group will allow hands on experiences in various settings.

### Virtual groups for parents

Date and Time: Tuesday, July 16 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Sping/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

### Therapeutic Groups for children and youth

Date and Time: Tuesday, July 16 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Tuesday, July 16 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Pens and Paints - age 13 to 20

Date and Time: Tuesday, July 16 4:00 pm - 6:00 pm

Address: 2305 St. Laurent Blvd., Unit 300 B, Ottawa

**FREE.** Join us to learn how to cope with stress through visual arts and creative writing. As a group, you will connect with other youth, refine your favourite art skills or try out some new ones! **English only.**

## Wednesday, July 17, 2024

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### Social Skills Group - Ages 5 to 8 & 9 to 12

Date and Time: Wednesday, July 17 9:00 am - 11:15 am

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** A group program designed to help kids increase self-esteem and confidence in social situations. Learn to form meaningful relationships by learning social cues, using social behaviour and conflict resolution.

9 to 12 years old - July 8 to 11, 2024. 9:00 AM to 11:15 AM.

5 to 8 years old - July 15 to 18, 2024. 9:00 AM to 11:15 AM.

### Child & Family Clinic

Date and Time: Wednesday, July 17 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Rooted - ages 13 to 20

Date and Time: Wednesday, July 17 11:00 am - 3:00 pm

Address: 2305 St. Laurent Blvd., Unit 300 B, Ottawa

Spend your summer exploring the great outdoors, doing outdoor activities and bonding with others in this FREE 6-week program for ages 13 to 20. **English only.**

## Life Skills: Fun, function and friends

Date and Time: Wednesday, July 17 11:30 am - 1:30 pm

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** This is a 5 day program is designed to help youth build independence in various life skills. Our small and intimate group will allow hands on experiences in various settings.

## Therapeutic Groups for children and youth

Date and Time: Wednesday, July 17 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Virtual groups for parents

Date and Time: Wednesday, July 17 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additi**



## onal details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Wednesday, July 17 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Thursday, July 18, 2024

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### Social Skills Group - Ages 5 to 8 & 9 to 12

Date and Time: Thursday, July 18 9:00 am - 11:15 am

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** A group program designed to help kids increase self-esteem and confidence in social situations. Learn to form meaningful relationships by learning social cues, using social behaviour and conflict resolution.

9 to 12 years old - July 8 to 11, 2024. 9:00 AM to 11:15 AM.

5 to 8 years old - July 15 to 18, 2024. 9:00 AM to 11:15 AM.

### Life Skills: Fun, function and friends

Date and Time: Thursday, July 18 11:30 am - 1:30 pm

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** This is a 5 day program is designed to help youth build independence in various life skills. Our small and intimate group will allow hands on experiences in various settings.

### Child & Family Clinic

Date and Time: Thursday, July 18 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, July 18 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, July 18 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Therapeutic Groups for children and youth

Date and Time: Thursday, July 18 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Virtual groups for parents

Date and Time: Thursday, July 18 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additi**

## onal details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Thursday, July 18 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Friday, July 19, 2024

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### Life Skills: Fun, function and friends

Date and Time: Friday, July 19 11:30 am - 1:30 pm

Address: Expanding Horizons - 2255 St. Laurent Blvd., unit 310B. Ottawa

**There is a fee for service.** This is a 5 day program is designed to help youth build independence in various life skills. Our small and intimate group will allow hands on experiences in various settings.

### Virtual groups for parents

Date and Time: Friday, July 19 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Sping/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

### Therapeutic Groups for children and youth

Date and Time: Friday, July 19 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail age**

ncy for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Friday, July 19 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Monday, July 22, 2024

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### Virtual groups for parents

Date and Time: Monday, July 22 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

### Therapeutic Groups for children and youth

Date and Time: Monday, July 22 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Monday, July 22 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Tuesday, July 23, 2024

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### Virtual groups for parents

Date and Time: Tuesday, July 23 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

### Therapeutic Groups for children and youth

Date and Time: Tuesday, July 23 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

### Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Tuesday, July 23 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Pens and Paints - age 13 to 20

Date and Time: Tuesday, July 23 4:00 pm - 6:00 pm

Address: 2305 St. Laurent Blvd., Unit 300 B, Ottawa

**FREE.** Join us to learn how to cope with stress through visual arts and creative writing. As a group, you will connect with other youth, refine your favourite art skills or try out some new ones! **English only.**

## Wednesday, July 24, 2024

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### Child & Family Clinic

Date and Time: Wednesday, July 24 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

### Rooted - ages 13 to 20

Date and Time: Wednesday, July 24 11:00 am - 3:00 pm

Address: 2305 St. Laurent Blvd., Unit 300 B, Ottawa

Spend your summer exploring the great outdoors, doing outdoor activities and bonding with others in this FREE 6-week program for ages 13 to 20. **English only.**

### Therapeutic Groups for children and youth

Date and Time: Wednesday, July 24 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Virtual groups for parents

Date and Time: Wednesday, July 24 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Wednesday, July 24 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Thursday, July 25, 2024

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### Child & Family Clinic

Date and Time: Thursday, July 25 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

### Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, July 25 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, July 25 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Therapeutic Groups for children and youth

Date and Time: Thursday, July 25 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Virtual groups for parents

Date and Time: Thursday, July 25 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Thursday, July 25 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

***This group is NOT free. Please e-mail agency for additional details.***



# Friday, July 26, 2024

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## Virtual groups for parents

Date and Time: Friday, July 26 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Therapeutic Groups for children and youth

Date and Time: Friday, July 26 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Friday, July 26 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

# Monday, July 29, 2024

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## Virtual groups for parents

Date and Time: Monday, July 29 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## **Therapeutic Groups for children and youth**

Date and Time: Monday, July 29 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## **Cool Kids - grades 3 to 5 and 6 to 8**

Date and Time: Monday, July 29 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## **Tuesday, July 30, 2024**

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### **Virtual groups for parents**

Date and Time: Tuesday, July 30 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## **Therapeutic Groups for children and youth**

Date and Time: Tuesday, July 30 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Tuesday, July 30 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

*This group is NOT free. Please e-mail agency for additional details.*

## Pens and Paints - age 13 to 20

Date and Time: Tuesday, July 30 4:00 pm - 6:00 pm

Address: 2305 St. Laurent Blvd., Unit 300 B, Ottawa

**FREE.** Join us to learn how to cope with stress through visual arts and creative writing. As a group, you will connect with other youth, refine your favourite art skills or try out some new ones! **English only.**

## Wednesday, July 31, 2024

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### Child & Family Clinic

Date and Time: Wednesday, July 31 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Rooted - ages 13 to 20

Date and Time: Wednesday, July 31 11:00 am - 3:00 pm

Address: 2305 St. Laurent Blvd., Unit 300 B, Ottawa

Spend your summer exploring the great outdoors, doing outdoor activities and bonding with others in this FREE 6-week program for ages 13 to 20. **English only.**

## Therapeutic Groups for children and youth

Date and Time: Wednesday, July 31 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.**

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

## Virtual groups for parents

Date and Time: Wednesday, July 31 3:00 pm - 8:00 pm

Address: virtual

**Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.**

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

## Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Wednesday, July 31 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

**In person groups: Cool Kids (spring/summer 2024).** Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

***This group is NOT free. Please e-mail agency for additional details.***