

Tuesday, July 1, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, July 1 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal chantal@pleo.on.ca)
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

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

Date and Time: Tuesday, July 1 4:00 pm - 5:30 pm

Address: 850 McConnell Ave, Cornwall

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

Wednesday, July 2, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, July 2 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
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Youth Wellness Hubs:

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

Thursday, July 3, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

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

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

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Friday, July 4, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, July 4 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Youth Wellness Hubs:

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

Monday, July 7, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, July 7 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Untangle Your Anxiety

Date and Time: Monday, July 7 1:30 pm - 3:30 pm

Address: Orléans-Cumberland Community Resource Centre

Grades 5 to 8. ENGLISH. In person. A safe and inclusive space to explore anxious feelings.

Tuesday, July 8, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

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

Address: in person and virtual

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Nature Walks for Neurodivergent young adults

Date and Time: Tuesday, July 8 9:30 am - 11:00 am

Address: 1350 Wellington Street West, Ottawa, ON

Young Adults Ages 17 - 23, join us as we explore our community and get outside together. Whether you're autistic, sensory-sensitive, have ADHD, or if you just experience the world differently, this is a space where you can be yourself and enjoy our natural surroundings.

9:30 to 11:00 AM (includes time to sit and chat).

\$50.00 per walk - Can sign up / register for one or all walks.

Starting the walk at Anchor Psychological Services (1350 Wellington Street West).

July 8, 2025 - Mud Lake

July 22, 2025 - Mer Bleue Bog

August 12, 2025 - Hogs Back

August 26, 2025 - Arboretum

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

Date and Time: Tuesday, July 8 4:00 pm - 5:30 pm

Address: 850 McConnell Ave, Cornwall

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

Wednesday, July 9, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

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

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Pens and paints - grade 7 to 12

Date and Time: Wednesday, July 9 3:00 pm - 5:00 pm

Address: Orléans-Cumberland Community Resource Centre

Meet new people, make art, learn coping skills and discuss mental health. Every Wednesday for 6 weeks (July 9 to August 13, 2025) from 3:00 to 5:00 PM.

Thursday, July 10, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, July 10 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Youth space - bilingual

Date and Time: Thursday, July 10 3:00 pm - 6:00 pm

Address: Orléans-Cumberland Community Resource Centre

Grade 7 to 12. Youth Space offers a safe and inclusive space to connect with peers, be themselves, have fun, relate to others and talk about things important to them. We also provide snacks and a light supper!

Every second Thursday of the month: Everyone group

Every fourth Thursday of the month: 2SLGBTQIA+ group

Friday, July 11, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, July 11 9:00 am - 8:00 pm

Address: in person and virtual

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Monday, July 14, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, July 14 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from

Teen Social Club

Date and Time: Monday, July 14 10:00 am - 12:00 pm

Address: 1350 Wellington Street West, Ottawa, ON

\$495.00

If you identify as Autistic, Neurodivergent, as having ADHD or other and you are between the ages of 12 and 16, this is for you.

Untangle Your Anxiety

Date and Time: Monday, July 14 1:30 pm - 3:30 pm

Address: Orléans-Cumberland Community Resource Centre

Grades 5 to 8. ENGLISH. In person. A safe and inclusive space to explore anxious feelings.

Tuesday, July 15, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, July 15 9:00 am - 8:00 pm

Address: in person and virtual

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

Teen Social Club

Date and Time: Tuesday, July 15 10:00 am - 12:00 pm

Address: 1350 Wellington Street West, Ottawa, ON

\$495.00

If you identify as Autistic, Neurodivergent, as having ADHD or other and you are between the ages of 12 and 16, this is for you.

Kids Space

Date and Time: Tuesday, July 15 3:00 pm - 5:30 pm

Address: Orléans-Cumberland Community Resource Centre

In person. Tuesdays. ENGLISH.

July 15, 2025 - I spy with my little eye

July 29, 2025 - Choose your own adventure

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

Date and Time: Tuesday, July 15 4:00 pm - 5:30 pm

Address: 850 McConnell Ave, Cornwall

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

Wednesday, July 16, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, July 16 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Teen Social Club

Date and Time: Wednesday, July 16 10:00 am - 12:00 pm

Address: 1350 Wellington Street West, Ottawa, ON

\$495.00

If you identify as Autistic, Neurodivergent, as having ADHD or other and you are between the ages of 12 and 16, this is for you.

Pens and paints - grade 7 to 12

Date and Time: Wednesday, July 16 3:00 pm - 5:00 pm

Address: Orléans-Cumberland Community Resource Centre

Meet new people, make art, learn coping skills and discuss mental health. Every Wednesday for 6 weeks (July 9 to August 13, 2025) from 3:00 to 5:00 PM.

Thursday, July 17, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, July 17 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
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Teen Social Club

Date and Time: Thursday, July 17 10:00 am - 12:00 pm

Address: 1350 Wellington Street West, Ottawa, ON

\$495.00

If you identify as Autistic, Neurodivergent, as having ADHD or other and you are between the ages of 12 and 16, this is for you.

Friday, July 18, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, July 18 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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Teen Social Club

Date and Time: Friday, July 18 10:00 am - 12:00 pm

Address: 1350 Wellington Street West, Ottawa, ON

\$495.00

If you identify as Autistic, Neurodivergent, as having ADHD or other and you are between the ages of 12 and 16, this is for you.

Monday, July 21, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, July 21 9:00 am - 8:00 pm

Address: in person and virtual

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Untangle Your Anxiety

Date and Time: Monday, July 21 1:30 pm - 3:30 pm

Address: Orléans-Cumberland Community Resource Centre

Grades 5 to 8. ENGLISH. In person. A safe and inclusive space to explore anxious feelings.

Tuesday, July 22, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, July 22 9:00 am - 8:00 pm

Address: in person and virtual

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Nature Walks for Neurodivergent young adults

Date and Time: Tuesday, July 22 9:30 am - 11:00 am

Address: 1350 Wellington Street West, Ottawa, ON

Young Adults Ages 17 - 23, join us as we explore our community and get outside together. Whether you're autistic, sensory-sensitive, have ADHD, or if you just experience the world differently, this is a space where you can be yourself and enjoy our natural surroundings.

9:30 to 11:00 AM (includes time to sit and chat).

\$50.00 per walk - Can sign up / register for one or all walks.

Starting the walk at Anchor Psychological Services (1350 Wellington Street West).

July 8, 2025 - Mud Lake

July 22, 2025 - Mer Bleue Bog

August 12, 2025 - Hogs Back

August 26, 2025 - Arboretum

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

Date and Time: Tuesday, July 22 4:00 pm - 5:30 pm

Address: 850 McConnell Ave, Cornwall

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

Wednesday, July 23, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, July 23 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal chantal@pleo.on.ca)
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment chantal@pleo.on.ca

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Pens and paints - grade 7 to 12

Date and Time: Wednesday, July 23 3:00 pm - 5:00 pm

Address: Orléans-Cumberland Community Resource Centre

Meet new people, make art, learn coping skills and discuss mental health. Every Wednesday for 6 weeks (July 9 to August 13, 2025) from 3:00 to 5:00 PM.

Thursday, July 24, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, July 24 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)

- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal chantal@pleo.on.ca)
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
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Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Friday, July 25, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, July 25 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Monday, July 28, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, July 28 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM chantal@pleo.on.ca)

Untangle Your Anxiety

Date and Time: Monday, July 28 1:30 pm - 3:30 pm

Address: Orléans-Cumberland Community Resource Centre

Grades 5 to 8. ENGLISH. In person. A safe and inclusive space to explore anxious feelings.

Tuesday, July 29, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, July 29 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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Youth Wellness Hubs:

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

Kids Space

Date and Time: Tuesday, July 29 3:00 pm - 5:30 pm

Address: Orléans-Cumberland Community Resource Centre

In person. Tuesdays. ENGLISH.

July 15, 2025 - I spy with my little eye

July 29, 2025 - Choose your own adventure

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

Date and Time: Tuesday, July 29 4:00 pm - 5:30 pm

Address: 850 McConnell Ave, Cornwall

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

Wednesday, July 30, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, July 30 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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Pens and paints - grade 7 to 12

Date and Time: Wednesday, July 30 3:00 pm - 5:00 pm

Address: Orléans-Cumberland Community Resource Centre

Meet new people, make art, learn coping skills and discuss mental health. Every Wednesday for 6 weeks (July 9 to August 13, 2025) from 3:00 to 5:00 PM.

Thursday, July 31, 2025

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, July 31 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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

on-site Tuesdays from 12:00 PM to 7:00 PM

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<https://calendar.kidscomefirst.ca>