

## Tuesday, July 1, 2025

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### 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](mailto: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](mailto: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](mailto: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

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## 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.

- 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](mailto: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](mailto: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](mailto:chantal@pleo.on.ca))

## Thursday, July 3, 2025

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## 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.

- 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](mailto: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](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

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

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### 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.

- 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 - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
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## Monday, July 7, 2025

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## 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.

- 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 - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto: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](mailto:chantal@pleo.on.ca))

## 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

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## 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

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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- 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](mailto:chantal@pleo.on.ca))

## 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

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### 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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- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

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

### 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

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### 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.

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

Youth Wellness Hubs:

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

## 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

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### 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

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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## Monday, July 14, 2025

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### 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
- 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 - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto: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



## 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

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### 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

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

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto: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

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## 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.

- 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](mailto:chantal@pleo.on.ca))

## 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

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**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
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## 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

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### 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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- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 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](mailto:chantal@pleo.on.ca))

## 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

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### 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

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

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

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#### Youth Wellness Hubs:

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

## 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

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### 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

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](mailto: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](mailto: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](mailto:chantal@pleo.on.ca))

## 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

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## 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](mailto: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](mailto: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](mailto: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

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### 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](mailto: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](mailto: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](mailto:chantal@pleo.on.ca))

## Friday, July 25, 2025

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### 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)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto: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](mailto: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](mailto:chantal@pleo.on.ca))

## Monday, July 28, 2025

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## 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
- 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](mailto: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](mailto: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](mailto: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

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## 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
- 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](mailto: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](mailto: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](mailto: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

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## 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
- 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](mailto:chantal@pleo.on.ca))
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- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto: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](mailto:chantal@pleo.on.ca))

## 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

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### 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

- 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](mailto: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](mailto: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](mailto:chantal@pleo.on.ca))

<https://calendar.kidscomefirst.ca>