

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>10:00 am Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>10:00 am Baby Love - Bethany Hope Centre</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p>	<p>2</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & Family Clinic</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Embrun</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:30 am L'éveil des tout-petits - Vanier Community Services Centre</p> <p>11:00 am Drop in</p>	<p>3</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>10:00 am Nobody's Perfect - Bethany Hope Centre</p> <p>11:00 am Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>11:30 am The Walk-In Counselling Clinic - Renfrew County</p> <p>11:30 am E-walk-in Counselling Clinic</p>	<p>4</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Embrun</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>4:00 pm Youth Drop In - Vanier Community Services Centre</p> <p>4:30 pm Youth Drop in - Wabano Centre</p> <p>6:00 pm Somali Youth Support Project and Somali</p>	<p>5</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p> <p>1:00 pm Around The Rainbow Art & Play Drop In Group - Family Services Ottawa</p>

		<p>12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>4:00 pm LGBTQ2S Support Group - Open Doors for Lanark Children & Youth</p> <p>5:00 pm Perfectionism Group (English only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO (ADHD focus)</p> <p>6:30 pm PFLAG Canada - Peer Support Meetings</p>	<p>support - Children's mental health of Leeds & Grenville</p> <p>12:00 pm Drop in support group - Équipe psychosociale pour enfants et adolescents francophones</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre</p> <p>2:00 pm Untangle your anxiety - grade 7 to 12</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm Crossroads - Child & Family Clinic</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:00 pm Youth Drop Ins and Fall 2023 Groups - Youth Net</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>	<p>Parent Supports - Pinecrest Queensway Community Health Centre</p>	
6	7	8	9	10	11	12
<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish</p>	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & Family Clinic</p>	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	<p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p>

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

		<p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm Drop In Support - Open Doors for Lanark Children & Youth</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>5:00 pm Perfectionism Group (English only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Support Groups - Open Doors for Lanark Children & Youth</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm SMART Recovery</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>4:00 pm Navan Fair</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>		
<p>13</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish</p>	<p>14</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	<p>15</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	<p>16</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & Family Clinic</p>	<p>17</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	<p>18</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service</p>	<p>19</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p>

Family Services	Centre	Centre	Centre	Centre	Centre	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa
5:00 pm Correction Through Connection: Supporting your child with their intense emotions (english only)	9:00 am Social Skills Group (age 5 to 8)	9:00 am Social Skills Group (age 5 to 8)	9:00 am Counselling Services - Vanier Community Service Centre	9:00 am Social Skills Group (age 5 to 8)	9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	
5:00 pm Don't Flip Your Lid (English only)	9:00 am Support Groups - Open Doors for Lanark Children & Youth	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Social Skills Group (age 5 to 8)	9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	
	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	
	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	
	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	
	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Franc Succès - Vanier Community Services Centre	
	11:00 am Walk-In Clinic - Le Cap	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	10:00 am Franc Succès - Vanier Community Services Centre	
	1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	10:00 am Baby Love - Bethany Hope Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	10:00 am Nobody's Perfect - Bethany Hope Centre	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	
	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm Walk-In Clinic - Youth Services Bureau	9:30 am L'éveil des tout-petits - Vanier Community Services Centre	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland	
	5:00 pm DBT Skills Family Group (English only)	12:00 pm SMART Recovery	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am The Walk-In Counselling Clinic - Renfrew County	11:30 am The Walk-In Counselling Clinic - Renfrew County	
	5:00 pm SPACE Group (english only)	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	12:00 pm Drop in support group - Équipe psychosociale pour enfants et adolescents francophones	11:30 am E-walk-in Counselling Clinic	11:30 am E-walk-in Counselling Clinic	
	6:00 pm Somali Youth Support Project and Somali Parent Supports -	12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre		12:00 pm Crossroads - Child & Family Clinic	12:00 pm Crossroads - Child & Family Clinic	
		12:00 pm The Walk-In Counselling Clinic - South East		12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	
				12:00 pm SMART Recovery	12:00 pm SMART Recovery	

	<p>Pinecrest Queensway Community Health Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>4:00 pm LGBTQ2S Support Group - Open Doors for Lanark Children & Youth</p> <p>5:00 pm Perfectionism Group (English only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO (ADHD focus)</p>	<p>Ottawa Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>			
<p>20</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>5:00 pm Correction Through Connection: Supporting your child with their intense emotions (english only)</p>	<p>21</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Handwriting Group - ages 5 to 7 years</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open</p>	<p>22</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Handwriting Group - ages 5 to 7 years</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open</p>	<p>23</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & Family Clinic</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Handwriting Group - ages 5 to 7 years</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p>	<p>24</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Handwriting Group - ages 5 to 7 years</p> <p>9:00 am Franc Succès - Vanier Community Services Centre</p> <p>9:00 am Early Learning and Parenting Workshops -</p>	<p>25</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Early Learning and Parenting</p>	<p>26</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p>

Doors for Lanark Children & Youth	Doors for Lanark Children & Youth	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	Pinecrest Queensway Community Health Centre	Workshops - Pinecrest Queensway Community Health Centre
9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Franc Succès - Vanier Community Services Centre
9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth
9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth
11:00 am Walk-In Clinic - Le Cap	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	9:00 am Franc Succès - Vanier Community Services Centre	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth
1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	10:00 am Baby Love - Bethany Hope Centre	9:30 am L'éveil des tout-petits - Vanier Community Services Centre	10:00 am Nobody's Perfect - Bethany Hope Centre	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa
4:00 pm Youth Wellness Hub for parents and care givers - Walk-in Rockland	12:00 pm SMART Recovery	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland	4:00 pm Youth Drop In - Vanier Community Services Centre
5:00 pm DBT Skills Family Group (English only)	12:00 pm Walk-In Clinic - Youth Services Bureau	12:00 pm Drop in	11:30 am The Walk-In Counselling Clinic - Renfrew County	4:30 pm Youth Drop in - Wabano Centre
5:00 pm SPACE Group (english)	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa		11:30 am E-walk-in Counselling Clinic	6:00 pm Somali Youth Support

	<p>only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm Drop In Support - Open Doors for Lanark Children & Youth</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>5:00 pm Perfectionism Group (English only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Coping with Grief - ages 8 to 12</p>	<p>support group - Équipe psychosociale pour enfants et adolescents francophones</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Support Groups - Open Doors for Lanark Children & Youth</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO</p> <p>7:00 pm PFLAG Canada - Peer Support Meetings</p>	<p>12:00 pm Crossroads - Child & Family Clinic</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>	<p>Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>
27	28	29	30	31	
7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH)	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH)	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH)	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH)	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH)	

- Roberts Smart Centre	- Roberts Smart Centre	- Roberts Smart Centre	- Roberts Smart Centre	- Roberts Smart Centre
12:00 pm Défilé de la fierté	9:00 am Counselling Services - Vanier Community Service Centre	9:00 am Counselling Services - Vanier Community Service Centre	9:00 am Crossroads - Child & Family Clinic	9:00 am Counselling Services - Vanier Community Service Centre
12:00 pm Youth Summer Outings	9:00 am Kindergarten Readiness	9:00 am Grade 1 to 3 Readiness	9:00 am Counselling Services - Vanier Community Service Centre	9:00 am Grade 1 to 3 Readiness
12:00 pm The Walk-In Counselling Clinic - Jewish Family Services	9:00 am Support Groups - Open Doors for Lanark Children & Youth	9:00 am Kindergarten Readiness	9:00 am Kindergarten Readiness	9:00 am Kindergarten Readiness
5:00 pm Correction Through Connection: Supporting your child with their intense emotions (english only)	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Grade 1 to 3 Readiness	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth
	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth
	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth
	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre
	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 am Franc Succès - Vanier Community Services Centre
	11:00 am Walk-In Clinic - Le Cap	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall
	11:00 am Grade 1 to 3 Readiness	10:00 am Baby Love - Bethany Hope Centre	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	10:00 am Nobody's Perfect - Bethany Hope Centre
	1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	12:00 pm Walk-In Clinic - Youth Services Bureau	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland
	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm SMART Recovery	9:30 am L'éveil des tout-petits - Vanier Community Services Centre	11:30 am The Walk-In Counselling Clinic - Renfrew County
	2:00 pm High School Readiness	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am E-walk-in Counselling Clinic
	5:00 pm DBT Skills Family Group (English only)	12:00 pm The Walk-In Counselling Clinic - Somerset		12:00 pm Crossroads - Child & Family Clinic

	<p>5:00 pm SPACE Group (english only)</p> <p>6:00 pm Around the Rainbow - Transcend Youth Group - Family Services Ottawa</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>West Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>2:00 pm High School Readiness</p> <p>4:00 pm LGBTQ2S Support Group - Open Doors for Lanark Children & Youth</p> <p>5:00 pm Perfectionism Group (English only)</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO (ADHD focus)</p> <p>6:30 pm Coping with Grief - ages 13 to 16</p>	<p>12:00 pm Drop in support group - Équipe psychosociale pour enfants et adolescents francophones</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre</p> <p>2:00 pm High School Readiness</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>2:00 pm High School Readiness</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>		
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