## August 2023

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

6 7	Q CC CC CC St	Project and Somalicarent Supports - Dinecrest Queensway Community Health Centre  1:30 pm Drop in Support group for Parents - PLEO ADHD focus)  1:30 pm PFLAG Canada - Peer Support Meetings	Health and Wellness Hubs - Heatherington  1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre  2:00 pm Untangle your anxiety - grade 7 to 12  3:00 pm Counselling Services - Vanier Community Service Centre  5:30 pm Dad's matter - Bethany Hope Centre  6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:00 pm Youth Drop Ins and Fall 2023 Groups - Youth Net 7:00 pm SMART Recovery for Families and Caregivers	11	12
7:00 am Creating Opportunities & Op Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre Ce 12:00 pm The 9:0	200 am Creating proportunities & concess Against the Trafficking of fumans (CORATH) Roberts Smart centre Concession am Counselling 9:	2:00 am Creating Dipportunities & Resources Against the Trafficking of Humans (CORATH) Roberts Smart Centre 2:00 am Counselling Services - Vanier	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 am Crossroads - Child & Family	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 am Counselling Services - Vanier	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 am Counselling Services - Vanier	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Family Services	Centre	Centre	0.00 (C	Centre	Centre	12:00 pm The
5:00 pm Correction	9:00 am Talk-In	9:00 am School	9:00 am Counselling Services - Vanier	9:00 am Talk-In	9:00 am Youth	Walk-In
Through	Single Sessions -	Based Counselling -	Community Service	Single Sessions -	Wellness Hub for	Counselling
Connection:	Open Doors for	Open Doors for	Centre	Open Doors for	Youth - Walk-in	Clinic -
Supporting your	Lanark Children &	Lanark Children &		Lanark Children &	Alexandria	Family
child with their	Youth	Youth	9:00 am Talk-In	Youth		Services
intense emotions			Single Sessions -		9:00 am Youth	Ottawa
(english only)	9:00 am Brief	9:00 am Brief	Open Doors for	9:00 am School	Wellness Hub for	
, ,	Counselling	Counselling	Lanark Children &	Based Counselling -	Youth - Walk-in	
5:00 pm Don't Flip	Services - Open	Services - Open	Youth	Open Doors for	Alexandria	
Your Lid (English	Doors for Lanark	Doors for Lanark	9:00 am Brief	Lanark Children &	9:00 am Early	
only)	Children & Youth	Children & Youth	Counselling Services	Youth	Learning and	
	9:00 am School	9:00 am Talk-In	- Open Doors for	9:00 am Brief	Parenting	
	Based Counselling -	Single Sessions -	Lanark Children &	Counselling Services	Workshops -	
	Open Doors for	Open Doors for	Youth	- Open Doors for	Pinecrest	
	Lanark Children &	Lanark Children &	9:00 am School	Lanark Children &	Queensway	
	Youth	Youth	Based Counselling -	Youth	Community Health	
	9:00 am Early	9:00 am Franc	Open Doors for	9:00 am Franc	Centre	
	Learning and	Succès - Vanier	Lanark Children &	Succès - Vanier	9:00 am Franc	
	Parenting and	Community	Youth	Community	Succès - Vanier	
	Workshops -	Services Centre		Services Centre	Community	
	Pinecrest		9:00 am Youth		Services Centre	
	Queensway	9:00 am Early	Wellness Hub for	9:00 am Early		
	Community Health	Learning and	Youth - Walk-in	Learning and	9:00 am Brief	
	Centre	Parenting	Hawkesbury	Parenting	Counselling Services	
	0.00 5	Workshops -	9:00 am Early	Workshops -	- Open Doors for	
	9:00 am Franc	Pinecrest	Learning and	Pinecrest	Lanark Children &	
	Succès - Vanier Community	Queensway	Parenting	Queensway	Youth	
	Services Centre	Community Health Centre	Workshops -	Community Health Centre	9:00 am School	
	Services Centre	Centre	Pinecrest	Centre	Based Counselling -	
	11:00 am Walk-In	10:00 am Youth	Queensway	10:00 am Youth	Open Doors for	
	Clinic - Le Cap	Wellness Hub for	Community Health	Wellness Hub for	Lanark Children &	
	1:00 pm Youth	Youth - Walk-in	Centre	Youth - Walk-in	Youth	
	Wellness Hub for	Rockland	9:00 am Franc	Cornwall	9:00 am Talk-In	
	Youth - Walk-in	10:00 am Baby Love	Succès - Vanier	10:00 am Nobody's	Single Sessions -	
	Rockland	- Bethany Hope	Community Services	Perfect - Bethany	Open Doors for	
	4.00 77 4	Centre	Centre	Hope Centre	Lanark Children &	
	4:00 pm Youth	12.00 CMART	0.20 11/ 11	11.00 37 4	Youth	
	Wellness Hub for	12:00 pm SMART	9:30 am L'éveil des	11:00 am Youth	12.00 TI . W. II-	
	parents and care givers - Walk-in	Recovery	tout-petits - Vanier	Wellness Hub for Youth - Walk-in	12:00 pm The Walk- In Counselling Clinic	
	Rockland	12:00 pm Walk-In	Community Services Centre	Rockland	- CFS/SFC Ottawa	
		Clinic - Youth	Centre		- CI 5/51 C Ottawa	
	5:00 pm DBT Skills	Services Bureau	11:00 am Drop in	11:30 am The Walk-	4:00 pm Youth Drop	
	Family Group	12:00 pm The Walk-	support - Children's	In Counselling Clinic	In - Vanier	
	(English only)	In Counselling	mental health of	- Renfrew County	Community	
	5:00 pm SPACE	Clinic - Family	Leeds & Grenville	11:30 am E-walk-in	Services Centre	
	Group (english	Services Ottawa	12:00 pm Drop in	Counselling Clinic	4:30 pm Youth Drop	
	only)		support group -	_	in - Wabano Centre	
		12:00 pm The Walk-	Équipe psycho-	12:00 pm		
	6:00 pm Somali	In Counselling	sociale pour enfants	Crossroads - Child	6:00 pm Somali	
	Youth Support Project and Somali	Clinic - South East	et adolescents	& Family Clinic	Youth Support Project and Somali	
	Parent Supports -	Ottawa Community Centre	francophones	12:00 pm The Walk-	Parent Supports -	
	Pinecrest		12:00 pm	In Counselling Clinic	Pinecrest	
	Queensway	12:00 pm The Walk-	Neighbourhood	- CFS/SFC Ottawa	Queensway	
	Community Health	In Counselling	Health and Wellness	12:00 pm Walk-In	Community Health	
	Centre	Clinic - Somerset	Hubs - ACB	Clinic - Youth	Centre	
		West Community	Wellness Centre	Services Bureau		
		Centre				

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

Family Services	Centre	Centre	0.00 G 11:	Centre	Centre	12:00 pm The
5:00 pm Correction	9:00 am Social	9:00 am Social	9:00 am Counselling Services - Vanier	9:00 am Social Skills	9:00 am Youth	Walk-In
Through	Skills Group (age 5	Skills Group (age 5	Community Service	Group (age 5 to 8)	Wellness Hub for	Counselling
Connection:	to 8)	to 8)	Centre		Youth - Walk-in	Clinic - Family
Supporting your	0.00 5	9:00 am Talk-In	9:00 am Social Skills	9:00 am Brief	Embrun	Services
child with their	9:00 am Support Groups - Open	Single Sessions -	Group (age 5 to 8)	Counselling Services - Open Doors for	9:00 am Franc	Ottawa
intense emotions	Doors for Lanark	Open Doors for		Lanark Children &	Succès - Vanier	
(english only)	Children & Youth	Lanark Children &	9:00 am Youth	Youth	Community	
5:00 pm Don't Flip	9:00 am Talk-In	Youth	Wellness Hub for Youth - Walk-in	9:00 am School	Services Centre	
Your Lid (English	Single Sessions -	9:00 am Brief	Embrun	Based Counselling -	9:00 am Early	
only)	Open Doors for	Counselling		Open Doors for	Learning and	
	Lanark Children &	Services - Open	9:00 am Franc	Lanark Children &	Parenting	
	Youth	Doors for Lanark	Succès - Vanier Community Services	Youth	Workshops -	
	9:00 am School	Children & Youth	Centre	9:00 am Talk-In	Pinecrest	
	Based Counselling -	9:00 am School		Single Sessions -	Queensway Community Health	
	Open Doors for	Based Counselling -	9:00 am Early	Open Doors for	Centre Centre	
	Lanark Children &	Open Doors for	Learning and Parenting	Lanark Children &		
	Youth	Lanark Children &	Workshops -	Youth	9:00 am Talk-In	
	9:00 am Brief	Youth	Pinecrest	9:00 am Early	Single Sessions - Open Doors for	
	Counselling	9:00 am Early	Queensway	Learning and	Lanark Children &	
	Services - Open	Learning and	Community Health	Parenting	Youth	
	Doors for Lanark	Parenting	Centre	Workshops -	0.00 0.11	
	Children & Youth	Workshops - Pinecrest	9:00 am Youth	Pinecrest Queensway	9:00 am School Based Counselling -	
	9:00 am Franc	Queensway	Wellness Hub for	Community Health	Open Doors for	
	Succès - Vanier	Community Health	Youth - Walk-in	Centre	Lanark Children &	
	Community	Centre	Hawkesbury	0.00	Youth	
	Services Centre	9:00 am Franc	9:00 am Talk-In	9:00 am Franc Succès - Vanier	9:00 am Brief	
	9:00 am Early	Succès - Vanier	Single Sessions -	Community	Counselling Services	
	Learning and	Community	Open Doors for	Services Centre	- Open Doors for	
	Parenting Workshops -	Services Centre	Lanark Children & Youth	10:00 am Youth	Lanark Children &	
	Pinecrest	10:00 am Youth		Wellness Hub for	Youth	
	Queensway	Wellness Hub for	9:00 am School	Youth - Walk-in	12:00 pm The Walk-	
	Community Health	Youth - Walk-in	Based Counselling - Open Doors for	Cornwall	In Counselling Clinic	
	Centre	Rockland	Lanark Children &	10:00 am Nobody's	- CFS/SFC Ottawa	
	11:00 am Walk-In	10:00 am Baby Love	Youth	Perfect - Bethany	4:00 pm Youth Drop	
	Clinic - Le Cap	- Bethany Hope	0.00 D.C	Hope Centre	In - Vanier	
	1:00 pm Youth	Centre	9:00 am Brief Counselling Services	11:00 am Youth	Community	
	Wellness Hub for	12:00 pm Walk-In	- Open Doors for	Wellness Hub for	Services Centre	
	Youth - Walk-in	Clinic - Youth	Lanark Children &	Youth - Walk-in	4:30 pm Youth Drop	
	Rockland	Services Bureau	Youth	Rockland	in - Wabano Centre	
	1:00 pm Drop In	12:00 pm SMART	9:30 am L'éveil des	11:30 am The Walk-	6:00 pm Somali	
	Support - Open	Recovery	tout-petits - Vanier	In Counselling Clinic	Youth Support	
	Doors for Lanark		Community Services	- Renfrew County	Project and Somali	
	Children & Youth	12:00 pm The Walk- In Counselling	Centre	11:30 am E-walk-in	Parent Supports -	
	5:00 pm DBT Skills	Clinic - Family	11:00 am Drop in	Counselling Clinic	Pinecrest	
	Family Group	Services Ottawa	support - Children's	_	Queensway	
	(English only)	12:00 pm The Walk-	mental health of	12:00 pm Crossroads - Child	Community Health Centre	
	5:00 pm SPACE	In Counselling	Leeds & Grenville	& Family Clinic		
	Group (english	Clinic - Somerset	12:00 pm Drop in	-		
	only)	West Community	support group -	12:00 pm The Walk-		
	6:00 pm Somali	Centre	Équipe psycho-	In Counselling Clinic - CFS/SFC Ottawa		
	Youth Support	12:00 pm The Walk-	sociale pour enfants			
	Project and Somali	In Counselling	et adolescents francophones	12:00 pm SMART		
	Parent Supports -	Clinic - South East	Tuncopholics	Recovery		

Youth 5:00 pm Perfectionism Group (English only) 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:30 pm Drop in Support group for parents - PLEO (ADHD focus)  In Counselling Clinic - Nepean, Rideau & Osgoode Heath and Wellness Hubs - Negan Rideau & Osgoode Community Project and Somali Youth Support Project and Somali Princerest Ueuensway Community Health Centre  3:00 pm Counselling Community Health Centre  5:30 pm Dad's matter - Bethany Hope Centre  6:00 pm Somali Youth Support Project and Somali Princerest Ueuensway Community Health Centre  7:00 pm SMART Recovery for Families and Caregivers  4:00 pm Somali Youth Support Project and Somali Princerest Ueuensway Community Health Centre  7:00 pm SMART Recovery for Families and Caregivers	
Queensway Community Health Centre	
20 21 22 23 24 25 26	 26
7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  7:00 am Creating Opportunities & Resources Against the Trafficking of Centre  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart	7:00 am Creating Dipportunities & Resources Against the Frafficking of Humans
12:00 pm The   9:00 am Counselling   9:00	CORATH) - Roberts Smart Centre 2:00 pm The Walk-In
5:00 pm Correction Through Connection: Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your  9:00 am Handwriting Group - ages 5 to 7 years Supporting your	Walk-In Counselling Clinic - Family Services
child with their 7.00 am rank m 7.00 am School 7.00 am rank withing 7.00 am rank	Ottawa
Single Sessions - 9:00 am Early 9:00 am Brief 9:00 am Brief Open Doors for Learning and 9:00 am Early	
Counselling   Counselling   Lanark Children & Parenting   Learning and   Services - Open   Youth   Workshops - Parenting	

Doors for Lanark Children & Youth 9:00 am School	Doors for Lanark Children & Youth 9:00 am Talk-In	9:00 am Brief Counselling Services	Pinecrest Queensway Community Health	Workshops - Pinecrest Queensway	
Based Counselling -	Single Sessions -	- Open Doors for Lanark Children &	Centre	Community Health	
Open Doors for	Open Doors for	Youth	9:00 am Talk-In	Centre	
Lanark Children &	Lanark Children &	1 Oddi	Single Sessions -	9:00 am Franc	
Youth	Youth	9:00 am School	Open Doors for	Succès - Vanier	
		Based Counselling -	Lanark Children &	Community	
9:00 am Early	9:00 am Franc	Open Doors for	Youth	Services Centre	
Learning and	Succès - Vanier	Lanark Children &			
Parenting	Community	Youth	9:00 am School	9:00 am Brief	
Workshops -	Services Centre	9:00 am Youth	Based Counselling -	Counselling Services	
Pinecrest	9:00 am Early	Wellness Hub for	Open Doors for	- Open Doors for	
Queensway	Learning and	Youth - Walk-in	Lanark Children &	Lanark Children &	
Community Health	Parenting	Hawkesbury	Youth	Youth	
Centre	Workshops -	_	9:00 am Brief	9:00 am School	
9:00 am Franc	Pinecrest	9:00 am Early	Counselling Services	Based Counselling -	
Succès - Vanier	Queensway	Learning and	- Open Doors for	Open Doors for	
Community	Community Health	Parenting	Lanark Children &	Lanark Children &	
Services Centre	Centre	Workshops - Pinecrest	Youth	Youth	
11:00 am Walk-In	10:00 am Youth	Queensway	10:00 am Youth	9:00 am Talk-In	
Clinic - Le Cap	Wellness Hub for	Community Health	Wellness Hub for	Single Sessions -	
•	Youth - Walk-in	Centre	Youth - Walk-in	Open Doors for	
1:00 pm Youth	Rockland		Cornwall	Lanark Children &	
Wellness Hub for	10.00 - 5.1 -	9:00 am Franc	40.00	Youth	
Youth - Walk-in	10:00 am Baby Love	Succès - Vanier	10:00 am Nobody's	10.00 771 117.11	
Rockland	- Bethany Hope Centre	Community Services	Perfect - Bethany	12:00 pm The Walk-	
4:00 pm Youth	Centre	Centre	Hope Centre	In Counselling Clinic - CFS/SFC Ottawa	
Wellness Hub for	12:00 pm SMART	9:30 am L'éveil des	11:00 am Youth	- Cr5/SrC Ollawa	
parents and care	Recovery	tout-petits - Vanier	Wellness Hub for	4:00 pm Youth Drop	
givers - Walk-in	12.00 Walls In	Community Services	Youth - Walk-in	In - Vanier	
Rockland	12:00 pm Walk-In Clinic - Youth	Centre	Rockland	Community	
5:00 pm DBT Skills	Services Bureau	11:00 am Drop in	11:30 am The Walk-	Services Centre	
Family Group	Services Bureau	support - Children's	In Counselling Clinic	4:30 pm Youth Drop	
(English only)	12:00 pm The Walk-	mental health of	- Renfrew County	in - Wabano Centre	
	In Counselling	Leeds & Grenville	1		
5:00 pm SPACE	Clinic - Family		11:30 am E-walk-in	6:00 pm Somali	
Group (english	Services Ottawa	12:00 pm Drop in	Counselling Clinic	Youth Support	l

27	only) 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 The Walk-In Counselling Clinic - Somerset West Community Centre  12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall  1:00 pm Drop In Support - Open Doors for Lanark Children & Youth  1:30 pm Buns in the Oven - Vanier Community Health Centre  5:00 pm Perfectionism Group (English only)  6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre  6:30 pm Coping with Grief - ages 8 to 12	support group - Équipe psycho- sociale pour enfants et adolescents francophones  12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre  12:00 pm The Walk- In Counselling Clinic - Jewish Family Services  12:00 pm The Walk- In Counselling Clinic - Centretown Community Health Centre  12:00 pm The Walk- In Counselling Clinic - Centretown Community Health Centre  12:00 pm Youth Wellness Hub for Youth - Walk- In Counselling Clinic - North Renfrew Family Services  1:00 pm Support Groups - Open Doors for Lanark Children & Youth  1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington  1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook  3:00 pm Counselling Services - Vanier Community Service Centre  5:30 pm Dad's matter - Bethany Hope Centre  6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre  6:30 pm Drop in Support group for parent Supports - Pinecrest Queensway Community Health Centre  6:30 pm Drop in Support group for parent Support - Pinecrest Queensway Community Health Centre	12:00 pm Crossroads - Child & Family Clinic 12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa 12:00 pm SMART Recovery 12:00 pm SMART Recovery 12:00 pm Walk-In Clinic - Youth Services Bureau 12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell 12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team) 12:15 pm Entre Filles - Vanier Community Health Centre 1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall 1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services 1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 7:00 pm SMART Recovery for Families and Caregivers	Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
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	- Roberts Smart	- Roberts Smart	- Roberts Smart	- Roberts Smart	
Centre	Centre	Centre	Centre	Centre	
Centre	Centre	Centre		Centre	
12:00 pm Défilé de	9:00 am Counselling	9:00 am Counselling	9:00 am Crossroads	9:00 am Counselling	
la fierté	Services - Vanier	Services - Vanier	- Child & Family	Services - Vanier	
12:00 pm Youth	Community Service	Community Service	Clinic	Community Service	
Summer Outings	Centre	Centre	9:00 am Counselling	Centre	
Summer Outlings	9:00 am	9:00 am Grade 1 to	Services - Vanier	9:00 am Grade 1 to	
12:00 pm The	Kindergarten	3 Readiness	Community Service	3 Readiness	
Walk-In Counselling	Readiness	3 readiness	Centre	3 Readiness	
Clinic - Jewish		9:00 am	Contro	9:00 am	
Family Services	9:00 am Support	Kindergarten	9:00 am	Kindergarten	
5:00 pm Correction	Groups - Open	Readiness	Kindergarten	Readiness	
Through	Doors for Lanark	9:00 am Talk-In	Readiness	9:00 am Brief	
Connection:	Children & Youth	Single Sessions -	9:00 am Grade 1 to	Counselling Services	
Supporting your	9:00 am Talk-In	Open Doors for	3 Readiness	- Open Doors for	
child with their	Single Sessions -	Lanark Children &		Lanark Children &	
intense emotions	Open Doors for	Youth	9:00 am Youth	Youth	
(english only)	Lanark Children &		Wellness Hub for		
	Youth	9:00 am Brief	Youth - Walk-in	9:00 am School	
		Counselling	Embrun	Based Counselling -	
	9:00 am School	Services - Open	9:00 am Franc	Open Doors for	
	Based Counselling -	Doors for Lanark	Succès - Vanier	Lanark Children &	
	Open Doors for	Children & Youth	Community Services	Youth	
	Lanark Children &	9:00 am School	Centre	9:00 am Talk-In	
	Youth	Based Counselling -		Single Sessions -	
	9:00 am Brief	Open Doors for	9:00 am Early	Open Doors for	
	Counselling	Lanark Children &	Learning and	Lanark Children &	
	Services - Open	Youth	Parenting	Youth	
	Doors for Lanark	0.00 51	Workshops -	0.00 F1	
	Children & Youth	9:00 am Early	Pinecrest	9:00 am Early	
	0.00	Learning and	Queensway	Learning and	
	9:00 am Franc Succès - Vanier	Parenting	Community Health Centre	Parenting	
	Community	Workshops - Pinecrest	Centre	Workshops - Pinecrest	
	Services Centre	Queensway	9:00 am Youth	Queensway	
	Scrvices Centre	Community Health	Wellness Hub for	Community Health	
	9:00 am Early	Centre	Youth - Walk-in	Centre	
	Learning and	Conne	Hawkesbury		
	Parenting	9:00 am Franc	9:00 am Talk-In	9:00 am Franc	
	Workshops -	Succès - Vanier	Single Sessions -	Succès - Vanier	
	Pinecrest	Community	Open Doors for	Community	
	Queensway	Services Centre	Lanark Children &	Services Centre	
	Community Health	10:00 am Youth	Youth	10:00 am Youth	
	Centre	Wellness Hub for		Wellness Hub for	
	11:00 am Walk-In	Youth - Walk-in	9:00 am School	Youth - Walk-in	
	Clinic - Le Cap	Rockland	Based Counselling -	Cornwall	
	-	10.00 D.1. T	Open Doors for	10.00 37.1.1.1	
	11:00 am Grade 1 to	10:00 am Baby Love	Lanark Children &	10:00 am Nobody's	
	3 Readiness	- Bethany Hope	Youth	Perfect - Bethany	
	1:00 pm Youth	Centre	9:00 am Brief	Hope Centre	
	Wellness Hub for	12:00 pm Walk-In	Counselling Services	11:00 am Youth	
	Youth - Walk-in	Clinic - Youth	- Open Doors for	Wellness Hub for	
	Rockland	Services Bureau	Lanark Children &	Youth - Walk-in	
	1:00 nm Dron In	12:00 pm SMADT	Youth	Rockland	
	1:00 pm Drop In	12:00 pm SMART	0.20 am L'évail das	11.20 om The Well-	
	Support - Open Doors for Lanark	Recovery	9:30 am L'éveil des tout-petits - Vanier	11:30 am The Walk-	
	Children & Youth	12:00 pm The Walk-	Community Services	In Counselling Clinic - Renfrew County	
	Cindicii & Toutii	In Counselling	Centre Community Services		
	2:00 pm High	Clinic - Family		11:30 am E-walk-in	
	School Readiness	Services Ottawa	11:00 am Drop in	Counselling Clinic	
			support - Children's		

support - Children's

mental health of

Leeds & Grenville

12:00 pm

Crossroads - Child

& Family Clinic

12:00 pm The Walk-In Counselling

Clinic - Somerset

5:00 pm DBT Skills Family Group (English only)

n Counselling Clinic CFS/SFC Ottawa  2:00 pm SMART Recovery  2:00 pm Walk-In Clinic - Youth revices Bureau  2:00 pm The Walk- n Counselling Clinic Renfrew County Collective (Arnprior Realth Team)  2:15 pm Entre Community Health Centre  :00 pm The Walk- n Counselling Clinic Inspire Community Support revices  :30 pm The Walk- n Counselling Clinic Nepean, Rideau & Desgoode Community Resource Centre  :00 pm High chool Readiness  :00 pm Somali Couth Support
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