

## Friday, August 1, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, August 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))

## Monday, August 4, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, August 4 9:00 am - 8:00 pm

Address: in person and virtual

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## Tuesday, August 5, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, August 5 9:00 am - 8:00 pm

Address: in person and virtual

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## Wednesday, August 6, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, August 6 9:00 am - 8:00 pm

Address: in person and virtual

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### Pens and paints - grade 7 to 12

Date and Time: Wednesday, August 6 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, August 7, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, August 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
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## Friday, August 8, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, August 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.

- 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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## Tuesday, August 12, 2025

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### Nature Walks for Neurodivergent young adults

Date and Time: Tuesday, August 12 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

## Wednesday, August 13, 2025

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### Pens and paints - grade 7 to 12

Date and Time: Wednesday, August 13 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.

## Monday, August 25, 2025

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## Back to school executive skills - coaching workshop

Date and Time: Monday, August 25 10:00 am - 12:00 pm

Address: 1350 Wellington Street West, Ottawa, ON

Back to school time can be stressful. Find systems to reduce your stress and manage your school work.

**\$495.00 (plus a pre and post 15-minute consult).**

August 25, 27 and 29, 2025.

## Tuesday, August 26, 2025

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### Nature Walks for Neurodivergent young adults

Date and Time: Tuesday, August 26 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

## Wednesday, August 27, 2025

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### Back to school executive skills - coaching workshop

Date and Time: Wednesday, August 27 10:00 am - 12:00 pm

Address: 1350 Wellington Street West, Ottawa, ON

Back to school time can be stressful. Find systems to reduce your stress and manage your school work.

**\$495.00 (plus a pre and post 15-minute consult).**

August 25, 27 and 29, 2025.

# Friday, August 29, 2025

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## Back to school executive skills - coaching workshop

Date and Time: Friday, August 29 10:00 am - 12:00 pm

Address: 1350 Wellington Street West, Ottawa, ON

Back to school time can be stressful. Find systems to reduce your stress and manage your school work.

**\$495.00 (plus a pre and post 15-minute consult).**

August 25, 27 and 29, 2025.

<https://calendar.kidscomefirst.ca>