2024

September 2023

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7-90 um Creating Opportunities & Resources Against the Irinfficking of Humany (COMCAT) —Roberts Smart Centre 9-00 um Cumselling Services - Vanifer Community Service Centre 9-00 um Grade 1 to 3 Readmices 9-00 um Grade 1 to 9-00 um G

					Services Centre	
					4:30 pm Youth Drop in - Wabano Centre	
					6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
3	4	5	6	7	8	9
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 Family Services	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	9:00 am Counselling Services - Vanier Community Service Centre	(CORATH) - Roberts Smart Centre 12:00 pm The
Tailing SCIVICES	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 Counselling Services - Vanier Community Service Centre 9:00 am Talk-In Single Sessions -	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria 9:00 am Youth	Walk-In Counselling Clinic - Family Services Ottawa
	9:00 am School Based Counselling - Open Doors for	9:00 am School Based Counselling - Open Doors for	Open Doors for Lanark Children & Youth	9:00 am Brief Counselling Services - Open Doors for	Wellness Hub for Youth - Walk-in Alexandria	
	Lanark Children & Youth	Lanark Children & Youth	9:00 am School Based Counselling -	Lanark Children & Youth	9:00 am Franc Succès - Vanier	
	9:00 am Brief Counselling	9:00 am Talk-In Single Sessions -	Open Doors for Lanark Children &	9:00 am School Based Counselling -	Community Services Centre	
	Services - Open Doors for Lanark	Open Doors for Lanark Children &	Youth 9:00 am Brief	Open Doors for Lanark Children &	9:00 am Early Learning and	
	Children & Youth 9:00 am Franc	Youth 9:00 am Early	Counselling Services - Open Doors for	Youth 9:00 am Early	Parenting Workshops -	
	Succès - Vanier Community	Learning and Parenting	Lanark Children & Youth	Learning and Parenting	Pinecrest Queensway	
	Services Centre	Workshops - Pinecrest	9:00 am Youth	Workshops - Pinecrest	Community Health Centre	
	9:00 am Early Learning and Parenting	Queensway Community Health Centre	Wellness Hub for Youth - Walk-in Hawkesbury	Queensway Community Health Centre	9:00 am School Based Counselling -	
	Workshops - Pinecrest	9:00 am Franc	9:00 am Franc Succès - Vanier	9:00 am Franc	Open Doors for Lanark Children &	
	Queensway Community Health	Succès - Vanier Community Services Centre	Community Services Centre	Succès - Vanier Community Services Centre	Youth 9:00 am Brief	
	Centre 11:00 am Walk-In	Services Centre 10:00 am Youth	9:00 am Early Learning and	10:00 am Youth	Counselling Services - Open Doors for	
	Clinic - Le Cap 1:00 pm Youth	Wellness Hub for Youth - Walk-in	Parenting Workshops -	Wellness Hub for Youth - Walk-in	Lanark Children & Youth	
	Wellness Hub for Youth - Walk-in	Rockland 10:00 am Baby Love	Pinecrest Queensway	Cornwall 10:00 am Nobody's	9:00 am Talk-In Single Sessions -	
	Rockland 4:00 pm Youth	- Bethany Hope Centre	Community Health Centre	Perfect - Bethany Hope Centre	Open Doors for Lanark Children & Youth	
	Wellness Hub for parents and care	12:00 pm SMART Recovery	9:30 am L'éveil des tout-petits - Vanier	11:00 am Youth Wellness Hub for	12:00 pm The Walk-	
	givers - Walk-in Rockland	12:00 pm Walk-In Clinic - Youth	Community Services Centre	Youth - Walk-in Rockland	In Counselling Clinic - CFS/SFC Ottawa	
	5:00 pm DBT Skills Family Group	Services Bureau	11:00 am Drop in support - Children's	11:30 am The Walk- In Counselling Clinic	4:00 pm Youth Drop In - Vanier	
	(English only) 6:00 pm Somali	12:00 pm The Walk- In Counselling Clinic - Family	mental health of Leeds & Grenville	- Renfrew County 11:30 am E-walk-in	Community Services Centre	
	Youth Support	Services Ottawa	12:00 pm Drop in	Counselling Clinic	4:30 pm Youth Drop	

	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 - South East Ottawa 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 PFLAG Canada - Peer Support Meetings	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 - Centretown Community Health Centre 12:00 pm The Walk- In Counselling Clinic - Jewish Family Services 12:00 pm Youth Wellness Hub for Youth - Walk- In Counselling Clinic - Jewish Family Services 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	12:00 pm Crossroads - Child & Family Clinic 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 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 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 Youth Drop Ins and Fall 2023 Groups - Youth Net 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	in - Wabano Centre 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
7:00 am Creating	7:00 am Creating	7:00 am Creating	7:00 am Creating	7:00 am Creating	7:00 am Creating	16 7:00 am
Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) -
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	Roberts Smart Centre

Centre	Centre		Centre	Centre	12:00 pm The	-
		9:00 am Counselling			Walk-In	
9:00 am Support	9:00 am Talk-In	Services - Vanier	9:00 am School	9:00 am Youth	Counselling	
Groups - Open	Single Sessions -	Community Service	Based Counselling -	Wellness Hub for	Clinic -	
Doors for Lanark	Open Doors for	Centre	Open Doors for	Youth - Walk-in	Family	
Children & Youth	Lanark Children &	9:00 am Youth	Lanark Children &	Embrun	Services	
9:00 am Talk-In	Youth	Wellness Hub for	Youth	9:00 am Early	Ottawa	
Single Sessions -	9:00 am School	Youth - Walk-in	9:00 am Brief	Learning and		
Open Doors for	Based Counselling -	Embrun	Counselling Services	Parenting and		
Lanark Children &	Open Doors for	Elliorun	- Open Doors for	Workshops -		
Youth	Lanark Children &	9:00 am Early	Lanark Children &	Pinecrest		
Touil	Youth	Learning and	Youth	Queensway		
9:00 am Brief	1 Outil	Parenting	1 Outil	Community Health		
Counselling	9:00 am Brief	Workshops -	9:00 am Talk-In	Centre		
Services - Open	Counselling	Pinecrest	Single Sessions -	Centre		
Doors for Lanark	Services - Open	Queensway	Open Doors for	9:00 am Franc		
Children & Youth	Doors for Lanark	Community Health	Lanark Children &	Succès - Vanier		
0.00 0.1 1	Children & Youth	Centre	Youth	Community		
9:00 am School	0.00 - 5	0.00 E	0.00 E	Services Centre		
Based Counselling -	9:00 am Franc	9:00 am Franc	9:00 am Franc	0.00 75.11.1		
Open Doors for	Succès - Vanier	Succès - Vanier	Succès - Vanier	9:00 am Talk-In		
Lanark Children &	Community	Community Services	Community	Single Sessions -		
Youth	Services Centre	Centre	Services Centre	Open Doors for		
9:00 am Early	9:00 am Early	9:00 am Youth	9:00 am Early	Lanark Children &		
Learning and	Learning and	Wellness Hub for	Learning and	Youth		
Parenting	Parenting	Youth - Walk-in	Parenting	9:00 am Brief		
Workshops -	Workshops -	Hawkesbury	Workshops -	Counselling Services		
Pinecrest	Pinecrest	-	Pinecrest	- Open Doors for		
Queensway	Queensway	9:00 am Talk-In	Queensway	Lanark Children &		
Community Health	Community Health	Single Sessions -	Community Health	Youth		
Centre	Centre	Open Doors for	Centre	0.00 0.1 1		
0.00 F	10.00 37 4	Lanark Children &	10.00 37 4	9:00 am School		
9:00 am Franc Succès - Vanier	10:00 am Youth Wellness Hub for	Youth	10:00 am Youth	Based Counselling -		
Community		9:00 am Brief	Wellness Hub for	Open Doors for Lanark Children &		
Services Centre	Youth - Walk-in	Counselling Services	Youth - Walk-in	Youth		
Services Centre	Rockland	- Open Doors for	Cornwall	Y OUUT		
11:00 am Walk-In	10:00 am Baby Love	Lanark Children &	10:00 am Nobody's	12:00 pm The Walk-		
Clinic - Le Cap	- Bethany Hope	Youth	Perfect - Bethany	In Counselling Clinic		
1.00 374	Centre	0.00 0.11	Hope Centre	- CFS/SFC Ottawa		
1:00 pm Youth	12.00 337.11- 1	9:00 am School	11.00 V1	4.00 V D		
Wellness Hub for	12:00 pm Walk-In	Based Counselling -	11:00 am Youth	4:00 pm Youth Drop		
Youth - Walk-in	Clinic - Youth	Open Doors for	Wellness Hub for	In - Vanier		
Rockland	Services Bureau	Lanark Children & Youth	Youth - Walk-in Rockland	Community Services Centre		
1:00 pm Drop In	12:00 pm SMART	ı Ouui	NUCKIAIIU	Services Centre		
Support - Open	Recovery	9:30 am L'éveil des	11:30 am The Walk-	4:30 pm Youth Drop		
Doors for Lanark	12.00 mm Tl W-11-	tout-petits - Vanier	In Counselling Clinic	in - Wabano Centre		
Children & Youth	12:00 pm The Walk-	Community Services	- Renfrew County	6.00 C1:		
5:00 pm DDT 01:11-	In Counselling	Centre	11:30 am E-walk-in	6:00 pm Somali		
5:00 pm DBT Skills	Clinic - Family	11,00 am Duan in		Youth Support		
Family Group (English only)	Services Ottawa	11:00 am Drop in support - Children's	Counselling Clinic	Project and Somali Parent Supports -		
(Eligiish olliy)	12:00 pm The Walk-	mental health of	12:00 pm	Pinecrest		
6:00 pm Somali	In Counselling	Leeds & Grenville	Crossroads - Child	Queensway		
Youth Support	Clinic - South East	Lecus & Grenville	& Family Clinic	Community Health		
Project and Somali	Ottawa Community	12:00 pm Drop in	12.00 mm Tl W-11-	Centre		
Parent Supports -	Centre	support group -	12:00 pm The Walk-	Contro		
Pinecrest	12.00 71 . 337.11	Équipe psycho-	In Counselling Clinic			
Queensway	12:00 pm The Walk-	sociale pour enfants	- CFS/SFC Ottawa			
Community Health	In Counselling	et adolescents	12:00 pm SMART			
Centre	Clinic - Somerset	francophones	Recovery			
	West Community		·			

Family Services

		Centre 12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall 1:30 pm Buns in the Oven - Vanier Community Health Centre 4:00 pm LGBTQ2S Support Group - Open Doors for Lanark Children & Youth 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)	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 Comwall 1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services 1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington 1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre 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 Walk-In Clinic - Youth Services Bureau 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 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		
17 7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 pm The Walk-In Counselling Clinic - Jewish Family Services	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 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 School Based Counselling - Open Doors for Lanark Children & Youth 9:00 am Brief Counselling	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart 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 Single Sessions -	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 am Crossroads - Child & Family Clinic 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 School Based Counselling - Open Doors for Lanark Children & Lanark Children	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 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 Brief Counselling Services - Open Doors for Lanark Children & Youth 9:00 am School Based Counselling -	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 am Counselling Services - Vanier Community Service Centre 9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria 9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria 9:00 am Franc Succès - Vanier Community Services Centre	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa

Services - Open	Open Doors for	Youth	Open Doors for		
Doors for Lanark	Lanark Children &		Lanark Children &	9:00 am Early	
Children & Youth	Youth	9:00 am Brief	Youth	Learning and	
0.00	0.00 F.1	Counselling Services	0.00 F.1	Parenting	
9:00 am Franc	9:00 am Early	- Open Doors for	9:00 am Early	Workshops -	
Succès - Vanier	Learning and	Lanark Children &	Learning and	Pinecrest	
Community	Parenting	Youth	Parenting	Queensway	
Services Centre	Workshops -	9:00 am Youth	Workshops -	Community Health	
9:00 am Early	Pinecrest	Wellness Hub for	Pinecrest	Centre	
Learning and	Queensway	Youth - Walk-in	Queensway	9:00 am School	
Parenting and	Community Health	Hawkesbury	Community Health	Based Counselling -	
Workshops -	Centre	11aw Resoury	Centre	Open Doors for	
Pinecrest	9:00 am Franc	9:00 am Franc	9:00 am Franc	Lanark Children &	
Queensway	Succès - Vanier	Succès - Vanier	Succès - Vanier	Youth	
Community Health	Community	Community Services	Community	1 Outi	
Centre	Services Centre	Centre	Services Centre	9:00 am Brief	
Cenac	Bei vices Centie	0.00 5 1	Services Centre	Counselling Services	
11:00 am Walk-In	10:00 am Youth	9:00 am Early	10:00 am Youth	- Open Doors for	
Clinic - Le Cap	Wellness Hub for	Learning and	Wellness Hub for	Lanark Children &	
1.00 17. 4	Youth - Walk-in	Parenting	Youth - Walk-in	Youth	
1:00 pm Youth	Rockland	Workshops -	Cornwall	0.00 T.11. I	
Wellness Hub for	10.00 D.1 I	Pinecrest	10.00 N. 1.1	9:00 am Talk-In	
Youth - Walk-in	10:00 am Baby Love	Queensway	10:00 am Nobody's	Single Sessions -	
Rockland	- Bethany Hope	Community Health	Perfect - Bethany	Open Doors for	
4:00 pm Youth	Centre	Centre	Hope Centre	Lanark Children &	
Wellness Hub for	12:00 pm SMART	9:30 am L'éveil des	11:00 am Youth	Youth	
parents and care	Recovery	tout-petits - Vanier	Wellness Hub for	12:00 pm The Walk-	
givers - Walk-in	,	Community Services	Youth - Walk-in	In Counselling Clinic	
Rockland	12:00 pm Walk-In	Centre	Rockland	- CFS/SFC Ottawa	
	Clinic - Youth				
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	
6:00 pm Somali	Clinic - Family	Leeds & Grenville	11:30 am E-walk-in	Services Centre	
Youth Support	Services Ottawa	12:00 pm Drop in	Counselling Clinic	4:30 pm Youth Drop	
Project and Somali	bei vices Ottawa	support group -	Counselling Chilic	in - Wabano Centre	
Parent Supports -	12:00 pm The Walk-	Équipe psycho-	12:00 pm	III - Wabano Centre	
Pinecrest	In Counselling	sociale pour enfants	Crossroads - Child	6:00 pm Somali	
Queensway	Clinic - Somerset	et adolescents	& Family Clinic	Youth Support	
Community Health	West Community	francophones	12.00 77 . 337.11	Project and Somali	
Centre	Centre	nancophones	12:00 pm The Walk-	Parent Supports -	
Centre	12.00 FI W. "	12:00 pm	In Counselling Clinic	Pinecrest	
	12:00 pm The Walk-	Neighbourhood	- CFS/SFC Ottawa	Queensway	
	In Counselling	Health and Wellness	12:00 pm Walk-In	Community Health	
	Clinic - South East	Hubs - ACB	Clinic - Youth	Centre	
	Ottawa Community	Wellness Centre	Cinne Touth		

Centre

Wellness Centre

Services Bureau

		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 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre 12:00 pm The Walk-In Counselling Clinic - Jewish Family Services 12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall 1:00 pm The Walk-in Cornwall 1:00 pm The 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 4:30 pm Untangle Your Anxiety (grade 7 to 12) 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 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		
7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 pm The Walk-In Counselling	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 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	
Clinic - Jewish Family Services	Community Service Centre 9:00 am Support Groups - Open Doors for Lanark Children & Youth 9:00 am Talk-In Single Sessions - Open Doors for	Community Service Centre 9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth 9:00 am School Based Counselling -	Clinic 9:00 am Counselling Services - Vanier Community Service Centre 9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	Community Service Centre 9:00 am Franc Succès - Vanier Community Services Centre 9:00 am Early Learning and Parenting	Community Service Centre 9:00 am Youth Wellness Hub for Youth - Walk-in Embrun 9:00 am Early Learning and Parenting	

9.00 am Brief Courselling Services Open Dours for Lanark Children & Youth Dours for Lanark Children & Youth Dours for Lanark Children & Youth Community Health Centre Services Centre Lanark Children & Youth Parenting Workshops - Pincerest Services Centre Community Health Centre Services Centre Lanark Children & Youth Workshops - Pincerest Queensway Community Health Centre Services Centre Centre Lanark Children & Youth Workshops - Pincerest Queensway Community Health Centre Services Centre Centre Community Health Centre Services Centre Community Centre Community Health Centre Services Centre Services Centre Community Health Centre Services Centre Community Centre Community Health Centre Services Centre Community Centre Community Health Centre Services Centre Community Centre Community Centre Community Centre Community Centre Community Centre Community Centre Ce	Lanark Children &	Open Doors for		Workshops -	Workshops -
9.00 am Brief Counselling Services - Open Doors for Lanark Children & Youth Services Corner 9.00 am Early Learning and Parenting Portenting Portent			9:00 am Early		
Sourcises - Open Doors for Lanark Children & Youth	0.00 D : C	Youth		Queensway	Queensway
Services - Open Doors for Lanark Childrea & Youth 9:00 am School Based Counselling Open Doors for Lanark Childrea & Youth 9:00 am Franc Saccès - Vanier Community Parenting Workshops - Pinecrest Queensway Community Health Centre 19:00 am Vauth Vordhops - Pinecrest Queensway Community Health Centre 19:00 am Vauth Welhoss Hub for Youth - Walk-in Community Pouth - Walk-in Community Pouth - Walk-in Community Pouth - Walk-in Comme Centre 19:00 pm Youth Welhoes Hub for Youth - Walk-in Comme Centre 19:00 pm Youth Welhoes Hub for Youth - Walk-in Comme Centre 19:00 pm Youth Welhoes Hub for Youth - Walk-in Community Pouth - Walk-in Community Pou		0:00 am Brief		-	-
Doors for Lanark Children & Youth Doors for Lanark Children & Youth Succès - Vanier Community Health Centre				Centre	Centre
9.00 am School Based Courselling- Open Doers for Canark Children & Suees's Vanier Community Services Centre 9.00 am Early Learning and Parenting Workshops- Pinecrest Queensway Community Health Centre 9.00 am Franc Suees's Vanier Community Suebst Vanier Suees's Vanier Sue			Queensway	9:00 am School	9:00 am Franc
Services Centre Soucès - Vanier Community Community Popo am Early Learning and Parenting Workshops - Princerest Queensway Community Health Centre 10:00 am Youth Wolkness Hub for Youth - Walk-in Roekland Services Centre 10:00 am Youth Wellness Hub for Youth - Walk-in Roekland Community Communi	Children & Youth		-		
Based Counselling-	9:00 am School	Children & Youth	Centre		
Succès - Vanier Community Control Dool an Early Learning and Parconting Parconting Parconting Morkshops Pincerest Pi		9:00 am Franc	9:00 am Franc		Services Centre
Services Centre Services Centre Sono am Early Learning and Parenting Parenting Services Centre Services Services Services Centre Services Centre Services Centre Services Centre Services Centre Services Centre Services Services Services Centre Service		Succès - Vanier	Succès - Vanier	1 Outil	9:00 am Talk-In
9.00 am Early Learning and Parenting Workshops - Pinecrest Qucensway Community Health Centre 9:00 am Franc Succès - Vanier Community Health Centre 11:00 am Walk-in Clinic - Le Cap 1:00 op m Youth Wellness Hub for Youth - Walk-in Rockland 1:00 pm Prouth Wellness Hub for Youth - Walk-in Contre 11:00 am Walk-in Clinic - Le Cap 1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland 1:00 pm Prouth Wellness Hub for Youth Wellness Hub for Youth Youth - Walk-in Counselling Services - Open Doors for Lanark Children & Youth Wellness Hub for Youth Wellnes		,	,		
9.00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre 9.00 am Franc Succès - Vanier Grommunity Holl 1:00 am Youth Welhees Hub for Youth - Walk-in 1:00 am Walk-in 1:00 am Malk-in 1:00 am Baby Love - Bethany Hope Centre 9.00 am Baby Love - Open Doors for Lanark Children & Youth Vaulk-in Services Centre 1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland 1:200 pm SMART Recovery 1:00 pm Torop In 1:00 pm Drop In 1:00 pm The Walk- In Counselling Chinic - South East In Counselling Clinic - South East In Counselling Clinic - South East Offware Community Centre 1:00 pm The Walk- In Counselling Clinic - South East In C	Youth	Services Centre	Centre		*
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	Support group for parents - PLEO (ADHD focus) 6:30 pm Coping with Grief - ages 8 to 12 6:30 pm Coping with Grief - ages 13 to 16	Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre 3:00 pm Counselling Services - Vanier Community Service Centre 4:30 pm Untangle Your Anxiety (grade 7 to 12) 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 parents - PLEO 7:00 pm PFLAG Canada - Peer Support Meetings	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:00 pm Building Resilience among youth in the face of suicide 7:00 pm SMART Recovery for Families and Caregivers	
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