2024

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
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	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 Walk-In
	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	Services - Vanier Community Service Centre 9:00 am Talk-In Single Sessions -	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 Youth	Counselling Clinic - Family Services Ottawa
	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	Open Doors for Lanark Children & Youth 9:00 am Brief Counselling Services	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	Wellness Hub for Youth - Walk-in Alexandria 9:00 am Early Learning and	1:00 pm Around The Rainbow Art & Play Drop In Group -
	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	- Open Doors for Lanark Children & Youth 9:00 am School Based Counselling -	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	Parenting Workshops - Pinecrest Queensway Community Health	Family Services Ottawa
	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Franc Succès - Vanier Community Services Centre	Open Doors for Lanark Children & Youth 9:00 am Youth	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Franc Succès - Vanier Community Services Centre	
	Queensway Community Health Centre 9:00 am Franc	9:00 am Early Learning and Parenting Workshops - Pinecrest	Wellness Hub for Youth - Walk-in Hawkesbury 9:00 am Early	9:00 am Early Learning and Parenting Workshops - Pinecrest	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children &	
	Succès - Vanier Community Services Centre 11:00 am Walk-In	Queensway Community Health Centre 10:00 am Youth	Learning and Parenting Workshops - Pinecrest Queensway	Queensway Community Health Centre 10:00 am Youth	Youth 9:00 am Brief Counselling Services - Open Doors for	
	Clinic - Le Cap 1:00 pm Youth Wellness Hub for Youth - Walk-in	Wellness Hub for Youth - Walk-in Rockland 10:00 am Baby Love	Community Health Centre 9:00 am Franc Succès - Vanier	Wellness Hub for Youth - Walk-in Cornwall 10:00 am Nobody's	Lanark Children & Youth 9:00 am School Based Counselling -	
	Rockland 4:00 pm Youth Wellness Hub for parents and care	- Bethany Hope Centre 12:00 pm Walk-In Clinic - Youth	Community Services Centre 9:30 am L'éveil des tout-petits - Vanier	Perfect - Bethany Hope Centre 11:00 am Youth Wellness Hub for	Open Doors for Lanark Children & Youth 12:00 pm The Walk-	
	givers - Walk-in Rockland 5:00 pm DBT Skills	Services Bureau 12:00 pm SMART Recovery	Community Services Centre 11:00 am Drop in	Youth - Walk-in Rockland 11:30 am The Walk-	In Counselling Clinic - CFS/SFC Ottawa 4:00 pm Youth Drop	
	Family Group (English only) 6:00 pm Somali	12:00 pm The Walk- In Counselling Clinic - Family	support - Children's mental health of Leeds & Grenville	In Counselling Clinic - Renfrew County 11:30 am E-walk-in	In - Vanier Community Services Centre	
	6:00 pm Somali Youth Support		Leeds & Grenville 12:00 pm Drop in	11:30 am E-walk-in Counselling Clinic	Services Centre 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 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 Neighbourhood Health and Wellness Hubs - Heatherington 1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook 1:00 pm Support Groups - Open Doors for Lanark Children & Youth 3:00 pm Support Groups - Open Doors for Lanark Children & Youth 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 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 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 6:00 pm Youth Drop Ins and Fall 2023 Groups - Youth Net 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 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 Support Groups - 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 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
	11:00 am Walk-In Clinic - Le Cap
	1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland
	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth
	5:00 pm DBT Skills Family Group (English only)

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 - Open Doors for Lanark Children & Youth
9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre
9:00 am Franc Succès - Vanier Community Services Centre
10:00 am Youth Wellness Hub for Youth - Walk-in Rockland

10:00 am Baby Love - Bethany Hope Centre

12:00 pm Walk-In Clinic - Youth Services Bureau

12:00 pm SMART Recovery

12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa

12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre

6:00 pm Somali

Youth Support

Pinecrest

Centre

Queensway

Project and Somali

Parent Supports -

Community Health

12:00 pm The Walk-In Counselling Clinic - Somerset West Community

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

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 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 Services - Open Doors for Lanark Children & Youth

9:30 am L'éveil des tout-petits - Vanier Community Services Centre

11:00 am Drop in support - Children's mental health of Leeds & Grenville

12:00 pm Drop in support group -Équipe psychosociale pour enfants et adolescents francophones

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 -Open Doors for Lanark Children & Youth

9:00 am Early Learning and Parenting Workshops -Pinecrest Queensway Community Health Centre

9:00 am Franc Succès - Vanier Community Services Centre

10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall

10:00 am Nobody's Perfect - Bethany Hope Centre

11:00 am Youth Wellness Hub for Youth - Walk-in Rockland

11:30 am The Walk-In Counselling Clinic - Renfrew County

11:30 am E-walk-in Counselling Clinic

12:00 pm Crossroads - Child & Family Clinic

12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa

12:00 pm SMART Recovery

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 Workshops -Pinecrest Queensway Community Health 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 Services - Open Doors for Lanark Children & Youth

12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa

4:00 pm Youth Drop In - Vanier Community 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

(CORATH) -Roberts Smart Centre 12:00 pm The Walk-In Counselling Clinic -

Family

Services

Ottawa

		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 Cornwall 1:00 pm The Walk-in Cornwall 1:00 pm The Walk-in Conselling 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			
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	17 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 School	18 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	19 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 School	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	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 pm The Walk-In Counselling	
	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 - Open Doors for	Based Counselling - 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	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	Based Counselling - 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	Wellness Hub for Youth - Walk-in Alexandria 9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria 9:00 am Early Learning and Parenting Workshops - Pinecrest	Counselling Clinic - Family Services Ottawa	

Open Doors for

Open Doors for

Youth

Open Doors for

Pinecrest

Lanark Children & Youth	Lanark Children & Youth	9:00 am School Based Counselling -	Lanark Children & Youth	Queensway 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	Community	Youth	Community	Succès - Vanier
Workshops -	Services Centre	9:00 am Youth	Services Centre	Community
Pinecrest	9:00 am Early	9:00 am Youth Wellness Hub for	9:00 am Early	Services Centre
Queensway	Learning and	Youth - Walk-in	Learning and	9:00 am Talk-In
Community Health	Parenting	Hawkesbury	Parenting	Single Sessions -
Centre	Workshops -		Workshops -	Open Doors for
9:00 am Franc	Pinecrest	9:00 am Early	Pinecrest	Lanark Children &
Succès - Vanier	Queensway	Learning and	Queensway	Youth
Community	Community Health	Parenting Workshops -	Community Health	9:00 am Brief
Services Centre	Centre	Pinecrest	Centre	Counselling Services
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 77 1	Youth - Walk-in	Centre	Youth - Walk-in	Youth
1:00 pm Youth Wellness Hub for	Rockland	9:00 am Franc	Cornwall	9:00 am School
Youth - Walk-in	10:00 am Baby Love	Succès - Vanier	10:00 am Nobody's	Based Counselling -
Rockland	- Bethany Hope	Community Services	Perfect - Bethany	Open Doors for
4:00 pm Youth	Centre	Centre	Hope Centre	Lanark Children &
Wellness Hub for	12:00 pm Walk-In	9:30 am L'éveil des	11:00 am Youth	Youth
parents and care	Clinic - Youth	tout-petits - Vanier	Wellness Hub for	12:00 pm The Walk-
givers - Walk-in	Services Bureau	Community Services	Youth - Walk-in	In Counselling Clinic
Rockland	12.00 CMART	Centre	Rockland	- CFS/SFC Ottawa
6:00 pm Somali	12:00 pm SMART Recovery	11:00 am Drop in	11:30 am The Walk-	4:00 pm Youth Drop

	Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa 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 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	support - Children's mental health of Leeds & Grenville 12:00 pm Drop in support group - Équipe psychosociale 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 Cornwall 1:00 pm The 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 Neighbourhood Health and Wellness Hubs - Heatherington 1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook 1:00 pm Support Groups - Open Doors for Lanark Children & Youth 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 - Renfrew County 11:30 am E-walk-in Counselling Clinic 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 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 - 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	In - Vanier Community 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	
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 Support Groups - 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 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
	11:00 am Walk-In Clinic - Le Cap
	1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland
	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth
	6:00 pm Somali Youth Support

9:00 am Counsel Services - Vanie Community Ser Centre
9:00 am Talk-In Single Sessions Open Doors for Lanark Children Youth
9:00 am Brief Counselling Services - Open Doors for Lanar Children & Yout
9:00 am School Based Counselli Open Doors for Lanark Children Youth
9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Hea Centre
9:00 am Franc Succès - Vanier Community Services Centre
10:00 am Youth

Rockland

Centre

10:00 am Baby Love

- Bethany Hope

12:00 pm Walk-In

12:00 pm SMART

12:00 pm The Walk-

12:00 pm The Walk-

Clinic - South East

Ottawa Community

12:00 pm The Walk-

In Counselling

Clinic - Family

In Counselling

In Counselling

Clinic - Somerset

West Community

Centre

Services Ottawa

Clinic - Youth

Recovery

Services Bureau

Project and Somali

Parent Supports -

Community Health

Pinecrest

Centre

Queensway

elling 9:00 am Crossroads ier - Child & Family ervice Clinic 9:00 am Counselling Services - Vanier In Community Service ıs -Centre or en & 9:00 am Youth Youth Wellness Hub for Youth - Walk-in Embrun en 9:00 am Franc ark Succès - Vanier uth Youth Community Services οl Centre lling -9:00 am Early or Learning and en & Parenting Youth Workshops -Pinecrest Queensway Community Health Centre 9:00 am Youth Wellness Hub for ealth Youth - Walk-in Hawkesbury 9:00 am Talk-In Single Sessions -Open Doors for Lanark Children & Youth Wellness Hub for 9:00 am School Youth - Walk-in Based Counselling -

Open Doors for Lanark Children & Youth

9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth

9:30 am L'éveil des tout-petits - Vanier Community Services Centre

11:00 am Drop in support - Children's mental health of Leeds & Grenville

12:00 pm Drop in support group -Équipe psychosociale pour enfants et adolescents francophones

9:00 am Counselling Services - Vanier Community Service Centre

9:00 am Brief Counselling Services - Open Doors for Lanark Children &

9:00 am School Based Counselling -Open Doors for Lanark Children &

9:00 am Talk-In Single Sessions -Open Doors for Lanark Children &

9:00 am Early Learning and Parenting Workshops -Pinecrest Queensway Community Health Centre

9:00 am Franc Succès - Vanier Community Services Centre

10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall

10:00 am Nobody's Perfect - Bethany Hope Centre

11:00 am Youth Wellness Hub for Youth - Walk-in Rockland

11:30 am The Walk-In Counselling Clinic - Renfrew County

11:30 am E-walk-in Counselling Clinic

12:00 pm Crossroads - Child & Family Clinic

12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa

12:00 pm SMART Recovery

Services - Vanier Centre

9:00 am Youth Wellness Hub for Youth - Walk-in Embrun

Services Centre

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 School Based Counselling -Open Doors for Lanark Children & Youth

9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth

12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa

4:00 pm Youth Drop

4:30 pm Youth Drop in - Wabano Centre

6:00 pm Somali

9:00 am Counselling Community Service

9:00 am Franc Succès - Vanier Community

9:00 am Early

In - Vanier Community Services Centre

Youth Support Project and Somali Parent Supports -Pinecrest Queensway Community Health Centre

(CORATH) -Roberts Smart Centre 12:00 pm The Walk-In Counselling Clinic -Family

Services

Ottawa

		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) 6:30 pm Coping with Grief - ages 8 to 12	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 Cornwall 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 - Heatherington 1:00 pm Neighbourhood Health and Wellness Hubs - Finecrest 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 6:30 pm Drop in Support group for parents - PLEO 7:00 pm PFLAG Canada - Peer Support Meetings	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	
29	30	31			
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			
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 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	9:00 am Brief			

Counselling	Counselling		
Services - Open	Services - Open		
Doors for Lanark	Doors for Lanark		
Children & Youth	Children & Youth		
9:00 am School	9:00 am Talk-In		
Based Counselling - Open Doors for	Single Sessions - Open Doors for		
Lanark Children &	Lanark Children &		
Youth	Youth		
9:00 am Early	9:00 am Franc		
Learning and	Succès - Vanier		
Parenting Workshops -	Community Services Centre		
Pinecrest			
Queensway	9:00 am Early Learning and		
Community Health Centre	Parenting		
	Workshops -		
9:00 am Franc Succès - Vanier	Pinecrest Queensway		
Community	Community Health		
Services Centre	Centre		
11:00 am Walk-In	10:00 am Youth		
Clinic - Le Cap	Wellness Hub for Youth - Walk-in		
1:00 pm Youth	Rockland		
Wellness Hub for Youth - Walk-in	10:00 am Baby Love		
Rockland	- Bethany Hope		
4:00 pm Youth	Centre		
Wellness Hub for	12:00 pm Walk-In		
parents and care givers - Walk-in	Clinic - Youth Services Bureau		
Rockland	12:00 pm SMART		
6:00 pm Somali	Recovery		
Youth Support	12:00 pm The Walk-		
Project and Somali Parent Supports -	In Counselling		
Pinecrest	Clinic - Family Services Ottawa		
Queensway			
Community Health Centre	12:00 pm The Walk- In Counselling		
6:00 pm Around the	Clinic - Somerset		
Rainbow -	West Community		
Transcend Youth	Centre		
Group - Family Services Ottawa	12:00 pm The Walk- In Counselling		
56171665 5 11417 14	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		
	6:00 pm Somali Youth Support		
	Project and Somali		
	Parent Supports -		
	Pinecrest Queensway		
	Community Health		
	Centre		
	6:30 pm Coping		
	with Grief - ages 13		

to 16

https://calendar.kidscomefirst.ca