

October 2023

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

	Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	<p>12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm Drop In Support - Open Doors for Lanark Children & Youth</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm PFLAG Canada - Peer Support Meetings</p>	<p>support group - Équipe psycho-sociale pour enfants et adolescents francophones</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook</p> <p>1:00 pm Support Groups - Open Doors for Lanark Children & Youth</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>4:30 pm Untangle Your Anxiety (grade 7 to 12)</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm Crossroads - Child & Family Clinic</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:00 pm Youth Drop Ins and Fall 2023 Groups - Youth Net</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>	in - Wabano Centre 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
8 7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	9 7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	10 7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	11 7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	12 7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	13 7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	14 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
	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 Counselling Services - Vanier Community Service Centre	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 am Youth Wellness Hub for Youth - Walk-in Embrun	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa
	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 Youth Wellness Hub for Youth - Walk-in Embrun	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	9:00 am Franc Succès - Vanier Community Services Centre	
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	9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 am Franc Succès - Vanier Community Services Centre	9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth	
	11:00 am Walk-In Clinic - Le Cap	10:00 am Baby Love - Bethany Hope Centre	9:00 am School Based Counselling - Open Doors for Lanark Children & Youth	10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa	
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	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm SMART Recovery	9:30 am L'éveil des tout-petits - Vanier Community Services Centre	11:00 am Youth Wellness Hub for Youth - Walk-in Rockland	4:30 pm Youth Drop in - Wabano Centre	
	5:00 pm DBT Skills Family Group (English only)	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am The Walk-In Counselling Clinic - Renfrew County	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway 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 - South East Ottawa Community Centre	12:00 pm Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones	11:30 am E-walk-in Counselling Clinic		
		12:00 pm The Walk-In Counselling Clinic - Somerset West Community		12:00 pm Crossroads - Child & Family Clinic		
				12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa		
				12:00 pm SMART Recovery		

		<p>Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>4:00 pm LGBTQ2S Support Group - Open Doors for Lanark Children & Youth</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO (ADHD focus)</p>	<p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>		
<p>15</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p>	<p>16</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am School Based Counselling - Open Doors for</p>	<p>17</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for</p>	<p>18</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Crossroads - Child & Family Clinic</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p>	<p>19</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 am Talk-In Single Sessions - Open Doors for</p>	<p>20</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Early Learning and Parenting Workshops - Pinecrest</p>	<p>21</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p>

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

	<p>Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa</p> <p>12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm Drop In Support - Open Doors for Lanark Children & Youth</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>support - Children's mental health of Leeds & Grenville</p> <p>12:00 pm Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook</p> <p>1:00 pm Support Groups - Open Doors for Lanark Children & Youth</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>In Counselling Clinic - Renfrew County</p> <p>11:30 am E-walk-in Counselling Clinic</p> <p>12:00 pm Crossroads - Child & Family Clinic</p> <p>12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 pm SMART Recovery</p> <p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm Neighbourhood Health and Wellness Hubs - Caldwell</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm Youth Wellness Hub for parents and care givers - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>	<p>In - Vanier Community Services Centre</p> <p>4:30 pm Youth Drop in - Wabano Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	
<p>22</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p>	<p>23</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p>	<p>24</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p>	<p>25</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p>	<p>26</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p>	<p>27</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p>	<p>28</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans</p>

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
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	1:00 pm Drop In Support - Open Doors for Lanark Children & Youth	12:00 pm SMART Recovery	9:30 am L'éveil des tout-petits - Vanier Community Services Centre	11:30 am The Walk-In Counselling Clinic - Renfrew County	4:30 pm Youth Drop in - Wabano Centre	
	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa	11:00 am Drop in support - Children's mental health of Leeds & Grenville	11:30 am E-walk-in Counselling Clinic	6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
		12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre	12:00 pm Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones	12:00 pm Crossroads - Child & Family Clinic		
		12:00 pm The Walk-In Counselling Clinic - Somerset West Community		12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa		
				12:00 pm SMART Recovery		

		<p>Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:30 pm Buns in the Oven - Vanier Community Health Centre</p> <p>4:00 pm LGBTQ2S Support Group - Open Doors for Lanark Children & Youth</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO (ADHD focus)</p> <p>6:30 pm Coping with Grief - ages 8 to 12</p>	<p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 pm The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 pm Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 pm The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 pm Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre</p> <p>3:00 pm Counselling Services - Vanier Community Service Centre</p> <p>5:30 pm Dad's matter - Bethany Hope Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 pm Drop in Support group for parents - PLEO</p> <p>7:00 pm PFLAG Canada - Peer Support Meetings</p>	<p>12:00 pm Walk-In Clinic - Youth Services Bureau</p> <p>12:00 pm The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 pm Entre Filles - Vanier Community Health Centre</p> <p>1:00 pm The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 pm The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 pm SMART Recovery for Families and Caregivers</p>		
<p>29</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 pm The Walk-In Counselling Clinic - Jewish Family Services</p>	<p>30</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief</p>	<p>31</p> <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 am Counselling Services - Vanier Community Service Centre</p> <p>9:00 am School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 am Brief</p>				

Counselling Services - Open Doors for Lanark Children & Youth	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				
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	10:00 am Youth Wellness Hub for Youth - Walk-in Rockland				
1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland	10:00 am Baby Love - Bethany Hope Centre				
4:00 pm Youth Wellness Hub for parents and care givers - Walk-in Rockland	12:00 pm Walk-In Clinic - Youth Services Bureau				
6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	12:00 pm SMART Recovery				
6:00 pm Around the Rainbow - Transcend Youth Group - Family Services Ottawa	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				
	6:30 pm Coping with Grief - ages 13				

		to 16				
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<https://calendar.kidscomefirst.ca>