November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart	7:00 am Creating Opportunities & Resources Against the Trafficking of
			Centre 9:00 am Crossroads - Child & Family Clinic 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 Tolk-In Single Sessions - Open Doors for Lanark Children & Youth 9:00 am Youth Wellness Hub for	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 Services - 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	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 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre 9:00 am Franc Succès - Vanier Community Services Centre	Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa 1:00 pm Around The Rainbow Art & Play Drop In Group - Family Services Ottawa
			Youth - Walk-in Hawkesbury 9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre 9:00 am Franc Succès - Vanier Community Services	Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre 10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall 10:00 am Nobody's Perfect - Bethany	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	
			Centre 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	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	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	

			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 - Joewish 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 - Heatherington 1:00 pm Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook 3:00 pm Counselling Services - Vanier Community Service Centre 5:30 pm Dad's matter - Bethany Hope Centre 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:30 pm November mini parent support group	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 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 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 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 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 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

Project and Somali

Parent Supports -

Community Health

Pinecrest

Centre

Queensway

lling or en & ealth er

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 - Somerset West Community Centre

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

Roberts Smart Centre 12:00 pm The Walk-In Counselling Clinic -Family Services

Ottawa

(CORATH) -

		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 PFLAG Canada - Peer Support Meetings	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 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 6:30 pm November mini parent support group	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		
12	13	14	15	16	17	18
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 (CORATH) -
12:00 pm The Walk-In Counselling Clinic - Jewish Family Services	9:00 am Counselling Services - Vanier Community Service Centre 9:00 am Talk-In Single Sessions -	9:00 am Counselling Services - Vanier Community Service Centre 9:00 am School Based Counselling -	9:00 am Crossroads - Child & Family Clinic 9:00 am Counselling Services - Vanier Community Service	9:00 am Counselling Services - Vanier Community Service Centre 9:00 am Talk-In Single Sessions -	9:00 am Counselling Services - Vanier Community Service Centre 9:00 am Youth Wellness Hub for	Roberts Smart Centre 12:00 pm The Walk-In Counselling
	Open Doors for Lanark Children & Youth 9:00 am Brief	Open Doors for Lanark Children & Youth 9:00 am Brief	Community Service Centre 9:00 am Talk-In Single Sessions - Open Doors for	Open Doors for Lanark Children & Youth 9:00 am School	Youth - Walk-in Alexandria 9:00 am Youth Wellness Hub for	Clinic - Family Services Ottawa
	Counselling Services - Open	Counselling Services - Open	Lanark Children & Youth	Based Counselling - Open Doors for	Youth - Walk-in Alexandria	

Doors for Lanark	Doors for Lanark		Lanark Children &		
Children & Youth	Children & Youth	9:00 am Brief	Youth	9:00 am Early	
Ciniaren & Touri	Cinicion & Touri	Counselling Services		Learning and	
9:00 am School	9:00 am Talk-In	- Open Doors for	9:00 am Brief	Parenting	
Based Counselling -	Single Sessions -	Lanark Children &	Counselling Services	Workshops -	
Open Doors for	Open Doors for	Youth	- Open Doors for	Pinecrest	
Lanark Children &	Lanark Children &	9:00 am School	Lanark Children &	Queensway	
Youth	Youth	Based Counselling -	Youth	Community Health	
9:00 am Early	9:00 am Franc	Open Doors for	9:00 am Franc	Centre	
Learning and	Succès - Vanier	Lanark Children &	Succès - Vanier	9:00 am Franc	
Parenting	Community	Youth	Community	Succès - Vanier	
Workshops -	Services Centre	1 Ouu1	Services Centre	Community	
Pinecrest	Services Centre	9:00 am Youth	Services Centre	Services Centre	
Queensway	9:00 am Early	Wellness Hub for	9:00 am Early	Services Centre	
Community Health	Learning and	Youth - Walk-in	Learning and	9:00 am Brief	
Centre	Parenting	Hawkesbury	Parenting	Counselling Services	
Centre	Workshops -	0.00 E 1	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	Community Health	0.00 0.11	
Services Centre	Centre	Workshops -	Centre	9:00 am School	
11:00 am Walk-In	10.00 V4h	Pinecrest	10:00 am Youth	Based Counselling - Open Doors for	
	10:00 am Youth Wellness Hub for	Queensway Community Health	Wellness Hub for	Lanark Children &	
Clinic - Le Cap	Youth - Walk-in	Centre Centre	Youth - Walk-in	Youth	
1:00 pm Youth	Rockland	Centre	Cornwall	I OUUI	
Wellness Hub for	Rockiand	9:00 am Franc	Comwan	9:00 am Talk-In	
Youth - Walk-in	10:00 am Baby Love	Succès - Vanier	10:00 am Nobody's	Single Sessions -	
Rockland	- Bethany Hope	Community Services	Perfect - Bethany	Open Doors for	
4.00 37 4	Centre	Centre	Hope Centre	Lanark Children &	
4:00 pm Youth	12.00 CMADT	0.20 11/11	11.00 374	Youth	
Wellness Hub for	12:00 pm SMART	9:30 am L'éveil des tout-petits - Vanier	11:00 am Youth Wellness Hub for	12.00 The Wells	
parents and care	Recovery	1 -		12:00 pm The Walk-	
givers - Walk-in Rockland	12:00 pm Walk-In	Community Services Centre	Youth - Walk-in Rockland	In Counselling Clinic - CFS/SFC Ottawa	
Rockiana	Clinic - Youth	Centre	Rockianu	- Cr5/SrC Ollawa	
6:00 pm Somali	Services Bureau	11:00 am Drop in	11:30 am The Walk-	4:00 pm Youth Drop	
Youth Support	10.00 751 337 11	support - Children's	In Counselling Clinic	In - Vanier	
Project and Somali	12:00 pm The Walk-	mental health of	- Renfrew County	Community	
Parent Supports -	In Counselling	Leeds & Grenville	11.20 and E analla in	Services Centre	
Pinecrest	Clinic - Family Services Ottawa	12.00 D :	11:30 am E-walk-in	4.20 Vth D	
Queensway	Services Ottawa	12:00 pm Drop in	Counselling Clinic	4:30 pm Youth Drop in - Wabano Centre	
Community Health	12:00 pm The Walk-	support group - Équipe psycho-	12:00 pm	in - wabano Centre	
Centre	In Counselling	sociale pour enfants	Crossroads - Child	6:00 pm Somali	
	Clinic - South East	et adolescents	& Family Clinic	Youth Support	
	Ottawa Community	francophones	12.00 71 . 37.11	Project and Somali	
	Centre	1	12:00 pm The Walk-	Parent Supports -	
	12,00 mm Tl W-11-	12:00 pm	In Counselling Clinic - CFS/SFC Ottawa	Pinecrest	
	12:00 pm The Walk-	Neighbourhood	- Cro/orc Ollawa	Queensway	
	In Counselling Clinic - Somerset	Health and Wellness	12:00 pm Walk-In	Community Health	
1	CHILL - DOHIELDEL	II-1 ACD	I	I C	

Clinic - Somerset West Community

Centre

Hubs - ACB

Wellness Centre

12:00 pm Walk-In Clinic - Youth

Services Bureau

Centre

		6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	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 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 November mini parent support group	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		
19	20	21	22	23	24	25
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	7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Centre	Centre		Centre	Centre	12:00 pm The	
0.00		9:00 am Counselling		0.00	Walk-In	
9:00 am Support	9:00 am Talk-In	Services - Vanier	9:00 am Early	9:00 am Youth	Counselling	
Groups - Open	Single Sessions -	Community Service	Learning and	Wellness Hub for	Clinic -	
Doors for Lanark	Open Doors for	Centre	Parenting	Youth - Walk-in	Family	
Children & Youth	Lanark Children &	9:00 am Youth	Workshops -	Embrun	Services	
9:00 am Talk-In	Youth	Wellness Hub for	Pinecrest	9:00 am Franc	Ottawa	
Single Sessions -	9:00 am Brief	Youth - Walk-in	Queensway	Succès - Vanier		
Open Doors for	Counselling	Embrun	Community Health	Community		
Lanark Children &	Services - Open	Elliorun	Centre	Services Centre		
Youth	Doors for Lanark	9:00 am Franc	9:00 am Franc	Services Centre		
Youin		Succès - Vanier		9:00 am Early		
9:00 am School	Children & Youth	Community Services	Succès - Vanier	Learning and		
Based Counselling -	9:00 am School	Centre	Community	Parenting		
Open Doors for	Based Counselling -		Services Centre	Workshops -		
Lanark Children &	Open Doors for	9:00 am Early	9:00 am Brief	Pinecrest		
Youth	Lanark Children &	Learning and	Counselling Services	Queensway		
1 Own.	Youth	Parenting	- Open Doors for	Community Health		
9:00 am Brief	10001	Workshops -	Lanark Children &	Centre		
Counselling	9:00 am Early	Pinecrest	Youth			
Services - Open	Learning and	Queensway		9:00 am Talk-In		
Doors for Lanark	Parenting	Community Health	9:00 am School	Single Sessions -		
Children & Youth	Workshops -	Centre	Based Counselling -	Open Doors for		
0.00	Pinecrest	9:00 am Youth	Open Doors for	Lanark Children &		
9:00 am Franc	Queensway	, , , , , , , , , , , , , , , , , , , ,	Lanark Children &	Youth		
Succès - Vanier	Community Health	Wellness Hub for	Youth	0.00 0.1 1		
Community	Centre	Youth - Walk-in	0.00 75 11 7	9:00 am School		
Services Centre	0.00 F	Hawkesbury	9:00 am Talk-In	Based Counselling -		
9:00 am Early	9:00 am Franc	9:00 am Talk-In	Single Sessions -	Open Doors for		
Learning and	Succès - Vanier	Single Sessions -	Open Doors for	Lanark Children &		
Parenting	Community	Open Doors for	Lanark Children &	Youth		
Workshops -	Services Centre	Lanark Children &	Youth	9:00 am Brief		
Pinecrest	10:00 am Youth	Youth	10:00 am Youth	Counselling Services		
Queensway	Wellness Hub for		Wellness Hub for	- Open Doors for		
Community Health	Youth - Walk-in	9:00 am School	Youth - Walk-in	Lanark Children &		
Centre	Rockland	Based Counselling -	Cornwall	Youth		
		Open Doors for				
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 pm Youth	Centre	9:00 am Brief	Hope Centre	- CFS/SFC Ottawa		
Wellness Hub for	12:00 pm Walk-In	Counselling Services	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 - Walk-in	Community		
		Youth	Rockland	Services Centre		
1:00 pm Drop In	12:00 pm SMART	1 Julii	ROCKIANG	Services centre		
Support - Open	Recovery	9:30 am L'éveil des	11:30 am The Walk-	4:30 pm Youth Drop		
Doors for Lanark	10.00 751 337 11	tout-petits - Vanier	In Counselling Clinic	in - Wabano Centre		
Children & Youth	12:00 pm The Walk-	Community Services	- Renfrew County	6.00 G 1'		
6.00 C 1'	In Counselling	Centre	11.20 F 11- :	6:00 pm Somali		
6:00 pm Somali	Clinic - Family	11.00 D	11:30 am E-walk-in	Youth Support		
Youth Support	Services Ottawa	11:00 am Drop in	Counselling Clinic	Project and Somali		
Project and Somali	12:00 pm The Walk-	support - Children's	12:00 pm	Parent Supports -		
Parent Supports -	In Counselling	mental health of	Crossroads - Child	Pinecrest		
Pinecrest	Clinic - Somerset	Leeds & Grenville	& Family Clinic	Queensway		
Queensway	West Community	12:00 pm Drop in	-	Community Health		
Community Health	Centre	support group -	12:00 pm The Walk-	Centre		
Centre		Équipe psycho-	In Counselling Clinic			
	12:00 pm The Walk-	sociale pour enfants	- CFS/SFC Ottawa			
	In Counselling	et adolescents	12:00 pm SMART			
	Clinic - South East	francophones	Recovery			
	Ottawa Community	1	1 RECOVERY		1	

Ottawa Community

Recovery

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 6:30 pm Drop in Support group for parents - PLEO 6:30 pm November mini parent support group 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	
26	27	28	29	30	
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	
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 Talk-In Single Sessions - Open Doors for	9:00 am School Based Counselling - Open Doors for	Services - Vanier Community Service Centre	9:00 am Talk-In Single Sessions - Open Doors for	

Lanark Children & Youth	Lanark Children & Youth	9:00 am Talk-In	Lanark Children & Youth	
		Single Sessions -		
9:00 am Brief	9:00 am Brief	Open Doors for Lanark Children &	9:00 am School	
Counselling	Counselling	Youth	Based Counselling -	
Services - Open Doors for Lanark	Services - Open Doors for Lanark	Youn	Open Doors for Lanark Children &	
Children & Youth	Children & Youth	9:00 am Brief Counselling Services	Youth	
9:00 am School	9:00 am Talk-In	- Open Doors for	9:00 am Brief	
Based Counselling -	Single Sessions -	Lanark Children &	Counselling Services	
Open Doors for	Open Doors for	Youth	- Open Doors for	
Lanark Children &	Lanark Children &	9:00 am School	Lanark Children &	
Youth	Youth	Based Counselling -	Youth	
9:00 am Early	9:00 am Franc	Open Doors for	9:00 am Franc	
Learning and	Succès - Vanier	Lanark Children &	Succès - Vanier	
Parenting and	Community	Youth	Community	
Workshops -	Services Centre		Services Centre	
Pinecrest		9:00 am Youth		
Queensway	9:00 am Early	Wellness Hub for	9:00 am Early	
Community Health	Learning and	Youth - Walk-in	Learning and	
Centre	Parenting	Hawkesbury	Parenting	
0:00 am Franc	Workshops - Pinecrest	9:00 am Early	Workshops - Pinecrest	
9:00 am Franc Succès - Vanier	Queensway	Learning and	Queensway	
Community	Community Health	Parenting	Community Health	
Services Centre	Centre Centre	Workshops -	Centre Centre	
		Pinecrest		
11:00 am Walk-In	10:00 am Youth	Queensway	10:00 am Youth	
Clinic - Le Cap	Wellness Hub for	Community Health	Wellness Hub for	
1:00 pm Youth	Youth - Walk-in	Centre	Youth - Walk-in	
Wellness Hub for	Rockland	9:00 am Franc	Cornwall	
Youth - Walk-in	10:00 am Baby Love	Succès - Vanier	10:00 am Nobody's	
Rockland	- Bethany Hope	Community Services	Perfect - Bethany	
4,00 mm V	Centre	Centre	Hope Centre	
4:00 pm Youth Wellness Hub for	12:00 pm SMART	9:30 am L'éveil des	11:00 am Youth	
parents and care	Recovery	tout-petits - Vanier	Wellness Hub for	
givers - Walk-in	_	Community Services	Youth - Walk-in	
Rockland	12:00 pm Walk-In	Centre	Rockland	
	Clinic - Youth			
6:00 pm Somali	Services Bureau	11:00 am Drop in	11:30 am The Walk-	
Youth Support	12:00 pm The Walk-	support - Children's	In Counselling Clinic	
Project and Somali	In Counselling	mental health of	- Renfrew County	
Parent Supports -	Clinic - Family	Leeds & Grenville	11:30 am E-walk-in	
Pinecrest Queensway	Services Ottawa	12:00 pm Drop in	Counselling Clinic	
Community Health		support group -	_	
Centre	12:00 pm The Walk-	Équipe psycho-	12:00 pm	
	In Counselling Clinic - South East	sociale pour enfants	Crossroads - Child & Family Clinic	
6:00 pm Around the	Ottawa Community	et adolescents	& Fairing Clinic	
Rainbow -	Centre	francophones	12:00 pm The Walk-	
Transcend Youth		12:00 pm	In Counselling Clinic	
Group - Family	12:00 pm The Walk-	Neighbourhood	- CFS/SFC Ottawa	
Services Ottawa	In Counselling	Health and Wellness	12:00 pm Walk-In	
1	Clinic - Somerset	111 400		1

Hubs - ACB

Wellness Centre

Clinic - Somerset

West Community

Centre

Clinic - Youth Services Bureau

	2.00	12:00 pm The Walk-	12:00 pm SMART	
	2:00 pm Youth	In Counselling Clinic	Recovery	
	Wellness Hub for	- Centretown	•	
	Youth - Walk-in	Community Health	12:00 pm	
	Cornwall	Centre	Neighbourhood	
	:00 pm Drop In		Health and Wellness	
I I	Support - Open	12:00 pm The Walk-	Hubs - Caldwell	
I I	Doors for Lanark	In Counselling Clinic	12.00 171 177 11	
	Children & Youth	- Jewish Family	12:00 pm The Walk-	
	Jilidieli & Toulii	Services	In Counselling Clinic	
	:30 pm Buns in the	10.00	- Renfrew County	
	Oven - Vanier	12:00 pm Youth	Collective (Amprior	
1	Community Health	Wellness Hub for	Health Team)	
	Centre	Youth - Walk-in	12:15 pm Entre	
		Cornwall	Filles - Vanier	
6:	5:00 pm Somali	1:00 pm The Walk-		
Y	Youth Support	In Counselling Clinic	Community Health	
P:	Project and Somali	- North Renfrew	Centre	
P	Parent Supports -	Family Services	1:00 pm Youth	
P	Pinecrest	I diffing Del vices	Wellness Hub for	
Q	Queensway	1:00 pm Support	parents and care	
C	Community Health	Groups - Open	givers - Walk-in	
	Centre	Doors for Lanark	Cornwall	
		Children & Youth		
	5:30 pm Coping		1:00 pm The Walk-	
I I	with Grief - ages 8	1:00 pm	In Counselling Clinic	
to	o 12	Neighbourhood	- Inspire	
	5:30 pm Coping	Health and Wellness	Community Support	
1	with Grief - ages 13	Hubs -	Services	
	o 16	Heatherington	1 20 171 177 11	
	0 10	1:00 pm	1:30 pm The Walk-	
			In Counselling Clinic	
		Neighbourhood Health and Wellness	- Nepean, Rideau &	
			Osgoode	
		Hubs - St. Laurent	Community	
		Overbrook	Resource Centre	
		3:00 pm Counselling	6:00 pm Somali	
		Services - Vanier	Youth Support	
		Community Service	Project and Somali	
		Centre	Parent Supports -	
			Pinecrest	
		5:30 pm Dad's	Queensway	
		matter - Bethany	•	
		Hope Centre	Community Health	
		6,00 mm Sc1:	Centre	
		6:00 pm Somali	7:00 pm SMART	
		Youth Support	Recovery for	
		Project and Somali	Families and	
		Parent Supports -	Caregivers	
		Pinecrest	5	
		Queensway		
		Community Health		
		Centre		
		6:30 pm November		
		mini parent support		
		group		
		510up		