

November 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | <p>1</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 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 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>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 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 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>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 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 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>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>4</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> |

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| 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 Project and Somali Parent Supports - Pinecrest Queensway Community Health 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 - 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 - 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 | (CORATH) - Roberts Smart Centre 12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa |
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| | | <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 PFLAG Canada - Peer Support Meetings</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 November mini parent support group</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>12</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>13</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</p> | <p>14</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</p> | <p>15</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>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 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 Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 am Youth Wellness Hub for Youth - Walk-in Alexandria</p> | <p>18</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> |

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| Doors for Lanark Children & Youth | Doors for Lanark Children & Youth | 9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth | Lanark Children & Youth | 9:00 am Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre |
| 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 School Based Counselling - Open Doors for Lanark Children & Youth | 9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth | 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 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 Brief Counselling Services - 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 Franc Succès - Vanier Community Services Centre | 10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall | 9:00 am School Based Counselling - 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 | 9:30 am L'éveil des tout-petits - Vanier Community Services Centre | 10:00 am Nobody's Perfect - Bethany Hope Centre | 9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth |
| 4:00 pm Youth Wellness Hub for parents and care givers - Walk-in Rockland | 12:00 pm SMART Recovery | 11:00 am Drop in support - Children's mental health of Leeds & Grenville | 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 Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre | 12:00 pm Walk-In Clinic - Youth Services Bureau | 12:00 pm Drop in support group - Équipe psychosociale pour enfants et adolescents francophones | 11:30 am The Walk-In Counselling Clinic - Renfrew County | 4:00 pm Youth Drop In - Vanier Community Services Centre |
| | 12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa | 12:00 pm Neighbourhood Health and Wellness Hubs - ACB Wellness Centre | 11:30 am E-walk-in Counselling Clinic | 4:30 pm Youth Drop in - Wabano Centre |
| | 12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre | | 12:00 pm Crossroads - Child & Family 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 - Somerset West Community Centre | | 12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa | |
| | | | 12:00 pm Walk-In Clinic - Youth Services Bureau | |

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| | | <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>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 Support Groups - Open Doors for Lanark Children & Youth</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>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 November mini parent support group</p> | <p>12:00 pm SMART Recovery</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> | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| <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</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</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</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>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</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</p> | <p>7:00 am Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> |

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| Family Services | Centre | Centre | Centre | Centre | Centre | 12:00 pm The Walk-In Counselling Clinic - Family Services Ottawa |
| | 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 Early Learning and Parenting Workshops - Pinecrest | 9:00 am Youth Wellness Hub for Youth - Walk-in Embrun | |
| | 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 | Queensway Community Health Centre | 9:00 am Franc Succès - Vanier Community Services Centre | |
| | 9:00 am School Based Counselling - Open Doors for Lanark Children & Youth | 9:00 am School Based Counselling - Open Doors for Lanark Children & Youth | 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 | |
| | 9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth | 9:00 am Early Learning and Parenting Workshops - Pinecrest | 9:00 am Early Learning and Parenting Workshops - Pinecrest | 9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth | Queensway Community Health Centre | |
| | 9:00 am Franc Succès - Vanier Community Services Centre | 9:00 am Early Learning and Parenting Workshops - Pinecrest | 9:00 am Youth Wellness Hub for Youth - Walk-in Hawkesbury | 9:00 am School Based Counselling - Open Doors for Lanark Children & Youth | 9:00 am Franc Succès - Vanier Community Services Centre | |
| | 9:00 am Early Learning and Parenting Workshops - Pinecrest | 9:00 am Franc Succès - Vanier Community Services Centre | 9:00 am Talk-In Single Sessions - 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 Franc Succès - Vanier Community Services Centre | 10:00 am Youth Wellness Hub for Youth - Walk-in Rockland | 9:00 am School Based Counselling - Open Doors for Lanark Children & Youth | 10:00 am Youth Wellness Hub for Youth - Walk-in Cornwall | 9:00 am Talk-In Single Sessions - 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 Brief Counselling Services - Open Doors for Lanark Children & Youth | 10:00 am Nobody's Perfect - Bethany Hope Centre | 9:00 am School Based Counselling - Open Doors for Lanark Children & Youth | |
| | 1:00 pm Youth Wellness Hub for Youth - Walk-in Rockland | 12:00 pm Walk-In Clinic - Youth Services Bureau | 9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth | 11:00 am Youth Wellness Hub for Youth - Walk-in Rockland | 9:00 am Brief Counselling Services - Open Doors for Lanark Children & Youth | |
| | 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 | 12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa | |
| | 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest | 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 | 4:00 pm Youth Drop In - Vanier Community Services Centre | |
| | Queensway Community Health Centre | 12:00 pm The Walk-In Counselling Clinic - Somerset West Community Centre | 12:00 pm Drop in support group - Équipe psychosociale pour enfants et adolescents francophones | 12:00 pm Crossroads - Child & Family Clinic | 4:30 pm Youth Drop in - Wabano Centre | |
| | | 12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community | | 12:00 pm The Walk-In Counselling Clinic - CFS/SFC Ottawa | 6:00 pm Somali Youth Support Project and Somali Parent Supports - Pinecrest | |
| | | | | 12:00 pm SMART Recovery | Queensway Community Health Centre | |

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| | | <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>6:30 pm Drop in Support group for parents - PLEO</p> <p>6:30 pm November mini parent support group</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> | | |
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| 26 | 27 | 28 | 29 | 30 | | |
| <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>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</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</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>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</p> | | |

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| Lanark Children & Youth | Lanark Children & Youth | 9:00 am Talk-In Single Sessions - Open Doors for Lanark Children & Youth | 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 Brief Counselling Services - Open Doors for Lanark Children & Youth | 9:00 am School Based Counselling - 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 School Based Counselling - Open Doors for Lanark Children & Youth | 9:00 am Brief Counselling Services - 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 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 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 |
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| | 12:00 pm The Walk-In Counselling Clinic - South East Ottawa Community Centre | | 12:00 pm Crossroads - Child & Family Clinic |
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| | | | 12:00 pm Walk-In Clinic - Youth Services Bureau |

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| | | <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 Coping with Grief - ages 8 to 12</p> <p>6:30 pm Coping with Grief - ages 13 to 16</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 Support Groups - Open Doors for Lanark Children & Youth</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>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 November mini parent support group</p> | <p>12:00 pm SMART Recovery</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 caregivers - 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> | |
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