

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 6:30 pm Drop-In VIRTUAL parent support groups	2 6:30 pm Drop-In VIRTUAL parent support groups
3 6:30 pm Drop-In VIRTUAL parent support groups	4 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 6:30 pm Drop-In VIRTUAL parent support groups	5 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 10:00 am Circle of Security Parenting group 5:30 pm Circle of Security Parenting group 6:00 pm Pens and Paint 6:30 pm Drop in Renfrew County Parent support group (Pembroke, Ontario) 6:30 pm Drop-In VIRTUAL parent support groups	6 9:00 am Child & Family Clinic 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 6:30 pm Drop-In VIRTUAL parent support groups	7 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 12:00 pm Child & Family Clinic 12:00 pm Youth Services Bureau Walk-In Clinic 12:00 pm Youth Services Bureau Walk-In Clinic 6:30 pm Drop-In VIRTUAL parent support groups	8 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 6:30 pm Drop-In VIRTUAL parent support groups	9 6:30 pm Drop-In VIRTUAL parent support groups
10 6:30 pm Drop-In VIRTUAL parent support groups	11 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 6:30 pm Drop-In VIRTUAL parent support groups	12 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 10:00 am Circle of Security Parenting group 5:30 pm Circle of Security Parenting group 6:00 pm Pens and Paint 6:30 pm Drop-In VIRTUAL parent support groups	13 9:00 am Child & Family Clinic 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 6:30 pm Drop-In VIRTUAL parent support groups	14 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 12:00 pm Child & Family Clinic 12:00 pm Youth Services Bureau Walk-In Clinic 12:00 pm Youth Services Bureau Walk-In Clinic 6:30 pm Drop-In VIRTUAL parent support groups	15 9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations 6:30 pm Drop-In VIRTUAL parent support groups	16 6:30 pm Drop-In VIRTUAL parent support groups
17 6:30 pm Drop-In VIRTUAL parent support groups	18 9:00 am PLEO Family Peer	19 9:00 am PLEO Family Peer	20 9:00 am Child & Family Clinic	21 9:00 am PLEO Family Peer	22 9:00 am PLEO Family Peer	23 6:30 pm Drop-In

support groups	Supporters - various Eastern Ontario locations  6:30 pm Drop-In VIRTUAL parent support groups	Supporters - various Eastern Ontario locations  10:00 am Circle of Security Parenting group  5:30 pm Circle of Security Parenting group  6:00 pm Pens and Paint  6:30 pm Drop-In VIRTUAL parent support groups	9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations  6:30 pm Drop-In VIRTUAL parent support groups	Supporters - various Eastern Ontario locations  12:00 pm Child & Family Clinic  12:00 pm Youth Services Bureau Walk-In Clinic  12:00 pm Youth Services Bureau Walk-In Clinic  6:30 pm Drop-In VIRTUAL parent support groups  6:30 pm Drop in Rural Ottawa Parent support group (Manotick, Ontario)	Supporters - various Eastern Ontario locations  6:30 pm Drop-In VIRTUAL parent support groups	VIRTUAL parent support groups
24  6:30 pm Drop-In VIRTUAL parent support groups	25  9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations  6:30 pm Drop-In VIRTUAL parent support groups	26  9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations  10:00 am Circle of Security Parenting group  5:30 pm Circle of Security Parenting group  6:00 pm Pens and Paint  6:30 pm Drop-In VIRTUAL parent support groups	27  9:00 am Child & Family Clinic  9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations  6:30 pm Drop-In VIRTUAL parent support groups	28  9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations  12:00 pm Child & Family Clinic  12:00 pm Youth Services Bureau Walk-In Clinic  12:00 pm Youth Services Bureau Walk-In Clinic  6:30 pm Drop-In VIRTUAL parent support groups	29  9:00 am PLEO Family Peer Supporters - various Eastern Ontario locations  6:30 pm Drop-In VIRTUAL parent support groups	