

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 9:00 am Mothers in Mind 12:00 pm Walk-In Counselling Clinic 6:00 pm Impact of separation and divorce on parents 6:30 pm Renfrew County Parent Support Group	3 5:00 pm SNAP (stop, no act, analyze, plan) 5:30 pm Regualting emotions 5:30 pm Impact of separation and divorce on kids 6:00 pm Stress and anxiety management 6:00 pm Parents of children living with ADHD 6:30 pm Drop-In Virtual Parent Support Group 13-25	4 7:00 pm SMART Recovery family and friends	5	6 12:00 pm Walk-In Counselling Clinic
7	8	9 9:00 am Mothers in Mind 12:00 pm Walk-In Counselling Clinic 6:00 pm Impact of separation and divorce on parents 6:30 pm Virtual parent support group	10 5:00 pm SNAP (stop, no act, analyze, plan) 5:30 pm Regualting emotions 5:30 pm Impact of separation and divorce on kids 6:00 pm Stress and anxiety management 6:00 pm Parents of children living with ADHD 6:30 pm Drop-In Virtual Parent Support Group 13-25	11 7:00 pm SMART Recovery family and friends	12	13 12:00 pm Walk-In Counselling Clinic
14	15	16 9:00 am Mothers in Mind 12:00 pm Walk-In Counselling Clinic 6:00 pm Impact of separation and divorce on parents	17 1:30 pm Cafe Causerie 5:00 pm SNAP (stop, no act, analyze, plan) 5:30 pm Regualting emotions 5:30 pm Impact of separation and divorce on kids 6:00 pm Stress and anxiety management 6:00 pm Parents of children living with	18 6:30 pm Manotick and area parent support group 7:00 pm SMART Recovery family and friends	19	20 12:00 pm Walk-In Counselling Clinic

			ADHD 6:30 pm Drop-In Virtual Parent Support Group 13- 25			
21	22	23 12:00 pm Walk-In Counselling Clinic 6:00 pm Impact of separation and divorce on parents 6:30 pm Parent and caregiver Information Session	24 5:00 pm SNAP (stop, no act, analyze, plan) 5:30 pm Impact of separation and divorce on kids 5:30 pm Regualting emotions 6:00 pm Stress and anxiety management 6:00 pm Parents of children living with ADHD 6:30 pm Drop-In Virtual Parent Support Group 13- 25	25 7:00 pm SMART Recovery family and friends	26	27 12:00 pm Walk-In Counselling Clinic
28	29	30 12:00 pm Walk-In Counselling Clinic 6:00 pm Impact of separation and divorce on parents	31 5:00 pm SNAP (stop, no act, analyze, plan) 5:30 pm Impact of separation and divorce on kids 5:30 pm Regualting emotions 6:00 pm Stress and anxiety management 6:00 pm Parents of children living with ADHD 6:30 pm Drop-In Virtual Parent Support Group 13- 25 6:30 pm Parent Support Group			