

## Monday, February 3, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, February 3 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Tuesday, February 4, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, February 4 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

#### Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Wednesday, February 5, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, February 5 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

#### Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Child & Family Clinic

Date and Time: Wednesday, February 5 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Thursday, February 6, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, February 6 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Child & Family Clinic

Date and Time: Thursday, February 6 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, February 6 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, February 6 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Friday, February 7, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, February 7 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter

on-site Tuesdays from 12:00 PM to 7:00 PM

- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Monday, February 10, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, February 10 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Tuesday, February 11, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, February 11 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Wednesday, February 12, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, February 12 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM

- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

#### Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Child & Family Clinic

Date and Time: Wednesday, February 12 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Thursday, February 13, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, February 13 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM

- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

#### Youth Wellness Hubs:

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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Child & Family Clinic

Date and Time: Thursday, February 13 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, February 13 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, February 13 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.



## Friday, February 14, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, February 14 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
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- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

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## Monday, February 17, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, February 17 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue:

Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM

- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Tuesday, February 18, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, February 18 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, February 19 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Child & Family Clinic

Date and Time: Wednesday, February 19 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, February 20 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Child & Family Clinic

Date and Time: Thursday, February 20 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, February 20 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, February 20 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Friday, February 21, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, February 21 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
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## Monday, February 24, 2025

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## PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, February 24 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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## Social skills group for Teens

Date and Time: Monday, February 24 5:30 pm - 7:00 pm

Address: Osgoode Youth Association - 5479 Osgoode Main Street

Free group for teens aged 14 to 16. A 6 week social skills group focused on supporting teens to break down barriers in making friends and socializing.

To participate, they request that teens complete a 30-minute intake to determine if the group is a good fit AND commit to attending all 6 sessions.

**No group on March 10, 2025.**

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## Tuesday, February 25, 2025

## PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, February 25 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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## Wednesday, February 26, 2025

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## PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, February 26 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments

available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

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## Child & Family Clinic

Date and Time: Wednesday, February 26 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://www.counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Thursday, February 27, 2025

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, February 27 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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## Child & Family Clinic

Date and Time: Thursday, February 27 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

Provides free, quick access to services for families seeking help for their infant, toddler or child's severe social, emotional and behavioural challenges. No referral is required.

Clinic participants may access a counselling session where our experienced, professional staff help identify issues and equip families with tools and strategies to address their concerns.

**Availability throughout the week through [Counsellingconnect.org](https://counsellingconnect.org). Also occurs Wednesdays between 9:00 a.m. and 12:00 p.m. and Thursday 12:00 p.m. to 8:00 p.m.**

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, February 27 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

Thursdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, February 27 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

Tuesdays 12:00 PM to 8:00 PM (last session starts at 6:00 PM).

For youth ages 12 to 20 and/or their parents and caregivers.

## Friday, February 28, 2025

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## PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, February 28 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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<https://calendar.kidscomefirst.ca>