

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Crossroads - Child & Family Clinic</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Youth Wellness Hub for Youth - Walk-in Hawkesbury</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 Youth Wellness Hub for Youth - Walk-in Embrun</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:30 L'éveil des tout-petits - Vanier Community Services Centre</p> <p>11:00 Drop in</p>	<p>2</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>10:00 Nobody's Perfect - Bethany Hope Centre</p> <p>10:00 Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>11:00 Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>11:30 The Walk-In Counselling Clinic - Renfrew County</p>	<p>3</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Youth Wellness Hub for Youth - Walk-in Embrun</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>11:00 Attachment group</p> <p>11:30 Supporting your family's mental health</p> <p>12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>4:00 Youth Drop In - Vanier Community Services Centre</p>	<p>4</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The Walk-In Counselling Clinic - Family Services Ottawa</p> <p>1:00 Around The Rainbow Art & Play Drop In Group - Family Services Ottawa</p>

			support - Children's mental health of Leeds & Grenville 12:00 Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones 12:00 Youth Wellness Hub for Youth - Walk-in Cornwall 12:00 The Walk-In Counselling Clinic - Centretown Community Health Centre 12:00 The Walk-In Counselling Clinic - Jewish Family Services 1:00 Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre 1:00 Neighbourhood Health and Wellness Hubs - Heatherington 1:00 The Walk-In Counselling Clinic - North Renfrew Family Services 3:00 Counselling Services - Vanier Community Service Centre 4:00 Building Excellence in Stress Management - COPE Well Groups 5:30 Dad's matter - Bethany Hope Centre 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:30 Parenting through high conflict separation and divorce - Family Services Ottawa 6:30 Manage Life Stressors and Build Self-Compassion - COPE Well Groups 6:30 Triple P Children - Valoris	12:00 SMART Recovery 12:00 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team) 12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa 12:00 Crossroads - Child & Family Clinic 12:00 Walk-In Clinic - Youth Services Bureau 12:15 Entre Filles - Vanier Community Health Centre 1:00 The Walk-In Counselling Clinic - Inspire Community Support Services 1:30 The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre 5:00 Highschool Readiness - Expanding Horizons 6:00 Youth Drop Ins and Fall 2023 Groups - Youth Net 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:30 Anger Management especially for parents - Family Services Ottawa 7:00 Triple P Activity - Discussion Group: Coping with teenagers emotions - Valoris 7:00 SMART Recovery for Families and Caregivers 7:00 Triple P Child - Valoris	4:30 Youth Drop in - Wabano Centre 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
5 7:00 Creating Opportunities &	6 7:00 Creating Opportunities &	7 7:00 Creating Opportunities &	8 7:00 Creating Opportunities &	9 7:00 Creating Opportunities &	10 7:00 Creating Opportunities &	11 7:00 Creating Opportunities

Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	& Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre
12:00 The Walk-In Counselling Clinic - Jewish Family Services	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre	12:00 The Walk-In Counselling Clinic - Family Services Ottawa
3:00 Managing intense emotions - virtual parenting groups	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 Crossroads - Child & Family Clinic	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	
	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	
	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Youth Wellness Hub for Youth - Walk-in Alexandria	
	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 Youth Wellness Hub for Youth - Walk-in Alexandria	
	9:00 Franc Succès - Vanier Community Services Centre	9:00 Franc Succès - Vanier Community Services Centre	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	
	11:00 Walk-In Clinic - Le Cap	10:00 Baby Love - Bethany Hope Centre	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	10:00 Nobody's Perfect - Bethany Hope Centre	10:00 Nobody's Perfect - Bethany Hope Centre	10:00 Nobody's Perfect - Bethany Hope Centre	
	1:00 Youth Wellness Hub for Youth - Walk-in Rockland	10:00 Youth Wellness Hub for Youth - Walk-in Rockland	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	10:00 Youth Wellness Hub for Youth - Walk-in Cornwall	10:00 Youth Wellness Hub for Youth - Walk-in Cornwall	9:00 Franc Succès - Vanier Community Services Centre	
	1:30 Building resilience after Trauma - Family Services Ottawa	12:00 SMART Recovery	9:30 L'éveil des tout-petits - Vanier Community Services Centre	11:00 Youth Wellness Hub for Youth - Walk-in Rockland	11:00 Youth Wellness Hub for Youth - Walk-in Rockland	11:00 Attachment group	
	4:00 Youth Wellness Hub for parents and care givers - Walk-in Rockland	12:00 The Walk-In Counselling Clinic - South East Ottawa Community Centre	11:00 Drop in support - Children's mental health of Leeds & Grenville	11:30 The Walk-In Counselling Clinic - Renfrew County	11:30 The Walk-In Counselling Clinic - Renfrew County	11:30 Supporting your family's mental health	
	6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	12:00 The Walk-In Counselling Clinic - Somerset West Community Centre	12:00 Neighbourhood Health and Wellness Hubs - ACB Wellness Centre	11:30 E-walk-in Counselling Clinic	11:30 E-walk-in Counselling Clinic	12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa	
		12:00 Walk-In Clinic - Youth Services Bureau	12:00 Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones	12:00 SMART Recovery	12:00 SMART Recovery	3:00 Junior DBT Skills Family Group	
		12:00 Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 Neighbourhood Health and Wellness Hubs - Caldwell	12:00 Neighbourhood Health and Wellness Hubs - Caldwell	4:00 Youth Drop In - Vanier Community Services Centre	
		12:00 The Walk-In Counselling Clinic - Family Services Ottawa	12:00 Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)	12:00 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)	4:30 Youth Drop in - Wabano Centre	
		1:00 Drop In Support - Open Doors for Lanark Children & Youth	12:00 The Walk-In Counselling Clinic - Centretown Community Health Centre	12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa	12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa	6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
		1:30 Buns in the		12:00 Crossroads - Child & Family Clinic	12:00 Crossroads - Child & Family Clinic		

		<p>Oven - Vanier Community Health Centre</p> <p>6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 Just for Dad's</p> <p>6:30 Parenting for Connection - Family Services Ottawa</p> <p>6:30 Parents and caregivers: manage big emotions while building a connection with your teen - Cope Well Group</p>	<p>12:00 The Walk-In Counselling Clinic - Jewish Family Services</p> <p>1:00 Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook</p> <p>1:00 Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 Support Groups - Open Doors for Lanark Children & Youth</p> <p>3:00 Counselling Services - Vanier Community Service Centre</p> <p>4:00 Building Excellence in Stress Management - COPE Well Groups</p> <p>4:00 Emotional Regulation Group</p> <p>5:30 Dad's matter - Bethany Hope Centre</p> <p>6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 Manage Life Stressors and Build Self-Compassion - COPE Well Groups</p>	<p>12:00 Walk-In Clinic - Youth Services Bureau</p> <p>12:15 Entre Filles - Vanier Community Health Centre</p> <p>1:00 Youth Wellness Hub for parents and care givers - Walk-in Cornwall</p> <p>1:00 The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre</p> <p>5:00 Highschool Readiness - Expanding Horizons</p> <p>6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 SMART Recovery for Families and Caregivers</p> <p>7:00 Triple P Child - Valoris</p>		
<p>12</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The Walk-In Counselling Clinic - Jewish Family Services</p> <p>3:00 Managing intense emotions - virtual parenting groups</p>	<p>13</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Support Groups - Open Doors for Lanark Children & Youth</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Brief Counselling</p>	<p>14</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Talk-In Single</p>	<p>15</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Crossroads - Child & Family Clinic</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Youth Wellness Hub for Youth - Walk-in Hawkesbury</p>	<p>16</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Talk-In Single</p>	<p>17</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Youth Wellness</p>	<p>18</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The Walk-In Counselling Clinic - Family Services Ottawa</p>

Services - Open Doors for Lanark Children & Youth	Sessions - Open Doors for Lanark Children & Youth	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	Sessions - Open Doors for Lanark Children & Youth	Hub for Youth - Walk-in Embrun
9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Early Learning and Parenting Workshops - Pinecrest	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Early Learning and Parenting Workshops - Pinecrest	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth
9:00 Early Learning and Parenting Workshops - Pinecrest	Queensway Community Health Centre	9:00 Youth Wellness Hub for Youth - Walk-in Embrun	Queensway Community Health Centre	9:00 Early Learning and Parenting Workshops - Pinecrest
9:00 Franc Succès - Vanier Community Services Centre	9:00 Franc Succès - Vanier Community Services Centre	9:00 Early Learning and Parenting Workshops - Pinecrest	9:00 Franc Succès - Vanier Community Services Centre	Queensway Community Health Centre
11:00 Walk-In Clinic - Le Cap	10:00 Baby Love - Bethany Hope Centre	9:00 Youth Wellness Hub for Youth - Walk-in Embrun	10:00 Nobody's Perfect - Bethany Hope Centre	9:00 Franc Succès - Vanier Community Services Centre
1:00 Youth Wellness Hub for Youth - Walk-in Rockland	10:00 Youth Wellness Hub for Youth - Walk-in Rockland	9:00 Franc Succès - Vanier Community Services Centre	10:00 Youth Wellness Hub for Youth - Walk-in Cornwall	11:00 Attachment group
1:00 Drop In Support - Open Doors for Lanark Children & Youth	12:00 SMART Recovery	9:30 L'éveil des tout-petits - Vanier Community Services Centre	11:00 Youth Wellness Hub for Youth - Walk-in Rockland	11:30 Supporting your family's mental health
3:00 DBT Skills Family Group	12:00 The Walk-In Counselling Clinic - South East Ottawa Community Centre	11:00 Drop in support - Children's mental health of Leeds & Grenville	11:30 The Walk-In Counselling Clinic - Renfrew County	12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa
6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest	12:00 The Walk-In Counselling Clinic - Somerset West Community Centre	12:00 Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones	11:30 E-walk-in Counselling Clinic	3:00 Junior DBT Skills Family Group
Queensway Community Health Centre	12:00 Walk-In Clinic - Youth Services Bureau	12:00 The Walk-In Counselling Clinic - Centretown Community Health Centre	12:00 Thoughts, Feelings and Emotions - Know the difference to improve your wellbeing	4:00 Youth Drop In - Vanier Community Services Centre
	12:00 Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 SMART Recovery	4:30 Youth Drop in - Wabano Centre
	12:00 The Walk-In Counselling Clinic - Family Services Ottawa	12:00 The Walk-In Counselling Clinic - Jewish Family Services	12:00 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)	6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest
	1:30 Buns in the Oven - Vanier Community Health Centre	1:00 Neighbourhood Health and Wellness Hubs - Pinecrest	12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa	Queensway Community Health Centre
	4:00 LGBTQ2S Support Group - Open Doors for Lanark Children & Youth	1:00 Neighbourhood Health and Wellness Hubs - Heatherington	12:00 Crossroads - Child & Family Clinic	
	6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest	1:00 The Walk-In Counselling Clinic - North Renfrew Family Services	12:00 Walk-In Clinic - Youth Services Bureau	
	Queensway Community Health Centre	3:00 Counselling Services - Vanier Community Service Centre	12:15 Entre Filles - Vanier Community Health Centre	
	6:30 Drop in Support group for parents - PLEO (ADHD focus)		1:00 The Walk-In Counselling Clinic - Inspire Community Support Services	
	6:30 Just for Dad's		1:30 The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre	
			6:00 Somali Youth Support Project and	

			<p>4:00 Building Excellence in Stress Management - COPE Well Groups</p> <p>4:00 Emotional Regulation Group</p> <p>5:30 Dad's matter - Bethany Hope Centre</p> <p>6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	<p>Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>7:00 SMART Recovery for Families and Caregivers</p>		
<p>19</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The Walk-In Counselling Clinic - Jewish Family Services</p> <p>3:00 Managing intense emotions - virtual parenting groups</p>	<p>20</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>11:00 Walk-In Clinic - Le Cap</p> <p>1:00 Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>3:00 DBT Skills Family Group</p> <p>4:00 Youth Wellness Hub for parents and care givers - Walk-in Rockland</p> <p>6:00 Somali Youth Support Project and Somali Parent</p>	<p>21</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>10:00 Baby Love - Bethany Hope Centre</p> <p>10:00 Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>12:00 SMART Recovery</p> <p>12:00 The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 The Walk-In</p>	<p>22</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Crossroads - Child & Family Clinic</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Youth Wellness Hub for Youth - Walk-in Hawkesbury</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:30 L'éveil des tout-petits - Vanier Community Services Centre</p> <p>11:00 Drop in support - Children's mental health of Leeds & Grenville</p>	<p>23</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>10:00 Nobody's Perfect - Bethany Hope Centre</p> <p>10:00 Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>11:00 Youth Wellness Hub for Youth - Walk-in Rockland</p> <p>11:30 The Walk-In Counselling Clinic - Renfrew County</p>	<p>24</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children & Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth</p> <p>9:00 Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 Youth Wellness Hub for Youth - Walk-in Alexandria</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>11:00 Attachment group</p> <p>11:30 Supporting your family's mental health</p> <p>12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa</p>	<p>25</p> <p>7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The Walk-In Counselling Clinic - Family Services Ottawa</p>

	Supports - Pinecrest Queensway Community Health Centre	Counselling Clinic - Somerset West Community Centre 12:00 Walk-In Clinic - Youth Services Bureau 12:00 Youth Wellness Hub for Youth - Walk-in Cornwall 12:00 The Walk-In Counselling Clinic - Family Services Ottawa 1:00 Drop In Support - Open Doors for Lanark Children & Youth 1:30 Buns in the Oven - Vanier Community Health Centre 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:30 Just for Dad's	12:00 Neighbourhood Health and Wellness Hubs - ACB Wellness Centre 12:00 Drop in support group - Équipe psycho- sociale pour enfants et adolescents francophones 12:00 The Walk-In Counselling Clinic - Centretown Community Health Centre 12:00 Youth Wellness Hub for Youth - Walk-in Cornwall 12:00 The Walk-In Counselling Clinic - Jewish Family Services 1:00 Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook 1:00 Neighbourhood Health and Wellness Hubs - Heatherington 1:00 The Walk-In Counselling Clinic - North Renfrew Family Services 1:00 Support Groups - Open Doors for Lanark Children & Youth 2:30 Eating Disorders Support Group 3:00 Counselling Services - Vanier Community Service Centre 4:00 Building Excellence in Stress Management - COPE Well Groups 4:00 Emotional Regulation Group 5:30 Dad's matter - Bethany Hope Centre 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:30 Drop in Support group for parents - PLEO	11:30 E-walk-in Counselling Clinic 12:00 Thoughts, Feelings and Emotions - Know the difference to improve your wellbeing 12:00 SMART Recovery 12:00 Neighbourhood Health and Wellness Hubs - Caldwell 12:00 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team) 12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa 12:00 Crossroads - Child & Family Clinic 12:00 Walk-In Clinic - Youth Services Bureau 12:15 Entre Filles - Vanier Community Health Centre 1:00 Youth Wellness Hub for parents and care givers - Walk- in Cornwall 1:00 The Walk-In Counselling Clinic - Inspire Community Support Services 1:30 The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 7:00 SMART Recovery for Families and Caregivers	3:00 Junior DBT Skills Family Group 4:00 Youth Drop In - Vanier Community Services Centre 4:30 Youth Drop in - Wabano Centre 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
26	27	28	29	30	31	

7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre
12:00 The Walk-In Counselling Clinic - Jewish Family Services	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre
	9:00 Support Groups - Open Doors for Lanark Children & Youth	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 Crossroads - Child & Family Clinic	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 School Based Counselling - Open Doors for Lanark Children & Youth
	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 Youth Wellness Hub for Youth - Walk-in Hawkesbury	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth
	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Youth Wellness Hub for Youth - Walk-in Embrun
	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth
	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	9:00 Franc Succès - Vanier Community Services Centre	9:00 Youth Wellness Hub for Youth - Walk-in Embrun	9:00 Franc Succès - Vanier Community Services Centre	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre
	9:00 Franc Succès - Vanier Community Services Centre	10:00 Baby Love - Bethany Hope Centre	9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre	10:00 Nobody's Perfect - Bethany Hope Centre	9:00 Franc Succès - Vanier Community Services Centre
	11:00 Walk-In Clinic - Le Cap	10:00 Youth Wellness Hub for Youth - Walk-in Rockland	9:00 Franc Succès - Vanier Community Services Centre	10:00 Youth Wellness Hub for Youth - Walk-in Cornwall	11:30 Supporting your family's mental health
	1:00 Youth Wellness Hub for Youth - Walk-in Rockland	12:00 SMART Recovery	9:30 L'éveil des tout-petits - Vanier Community Services Centre	11:00 Youth Wellness Hub for Youth - Walk-in Rockland	12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa
	1:00 Drop In Support - Open Doors for Lanark Children & Youth	12:00 The Walk-In Counselling Clinic - South East Ottawa Community Centre	11:00 Drop in support - Children's mental health of Leeds & Grenville	11:30 The Walk-In Counselling Clinic - Renfrew County	3:00 Junior DBT Skills Family Group
	3:00 DBT Skills Family Group	12:00 The Walk-In Counselling Clinic - Somerset West Community Centre	12:00 Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones	11:30 E-walk-in Counselling Clinic	4:00 Youth Drop In - Vanier Community Services Centre
	6:00 Around the Rainbow - Transcend Youth Group - Family Services Ottawa	12:00 Walk-In Clinic - Youth Services Bureau		12:00 SMART Recovery	4:30 Youth Drop in - Wabano Centre
	6:00 Somali Youth Support Project and Somali Parent	12:00 Youth Wellness Hub for Youth - Walk-in		12:00 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)	6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre

	Supports - Pinecrest Queensway Community Health Centre 6:30 Positive Discipline - group for parents	Cornwall 12:00 The Walk-In Counselling Clinic - Family Services Ottawa 1:30 Buns in the Oven - Vanier Community Health Centre 4:00 LGBTQ2S Support Group - Open Doors for Lanark Children & Youth 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:30 Coping with Grief - ages 8 to 12 6:30 Coping with Grief - ages 13 to 16 6:30 Drop in Support group for parents - PLEO (ADHD focus) 6:30 Just for Dad's	12:00 The Walk-In Counselling Clinic - Centretown Community Health Centre 12:00 Youth Wellness Hub for Youth - Walk-in Cornwall 12:00 The Walk-In Counselling Clinic - Jewish Family Services 1:00 Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre 1:00 Neighbourhood Health and Wellness Hubs - Heatherington 1:00 The Walk-In Counselling Clinic - North Renfrew Family Services 2:30 Eating Disorders Support Group 3:00 Counselling Services - Vanier Community Service Centre 4:00 Building Excellence in Stress Management - COPE Well Groups 4:00 Emotional Regulation Group 5:30 Dad's matter - Bethany Hope Centre 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa 12:00 Crossroads - Child & Family Clinic 12:00 Walk-In Clinic - Youth Services Bureau 12:15 Entre Filles - Vanier Community Health Centre 1:00 The Walk-In Counselling Clinic - Inspire Community Support Services 1:30 The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 7:00 SMART Recovery for Families and Caregivers 7:00 Triple P Activity - Discussion Group: Building teenagers survival skills - Valoris		
--	---	--	--	--	--	--