## **March 2023**

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

-	5 7:00 Creating	6 7:00 Creating	7 7:00 Creating	Children - Valoris  8 7:00 Creating	9 7:00 Creating	10 7:00 Creating	11 7:00 Creating	
				support - Children's mental health of Leeds & Grenville  12:00 Drop in support group - Équipe psychosociale 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 - 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 Marage Life Stressor and Build Self-Compassion - COPE Well Groups  6:30 Triple P	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 - 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		

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

Clinic

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  6:30 Parenting for Connection - Family Services Ottawa  6:30 Parents and caregivers: manage big emotions while building a connection with your teen - Cope Well Group	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  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 Manage Life Stressors and Build Self-Compassion - COPE Well Groups	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  5:00 Highschool Readiness - Expanding Horizons  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 Child - Valoris		
12 13	14	15	16	17	18
7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  7:00 Creatin Opportunities Resources the Traffick Humans (Coracted - Roberts Score Centre	es & 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
12:00 The Walk-In Counselling Clinic - Jewish Family Services  9:00 Counselling Clinic - Community Centre	Vanier Services - Vanier	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre	9:00 Counselling Services - Vanier Community Service Centre	Smart Centre 12:00 The Walk-In
3:00 Managing 9:00 Suppo intense emotions - virtual parenting groups Children &	pen Counselling - Open Lanark Doors for Lanark	9:00 Crossroads - Child & Family Clinic 9:00 School Based	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	Counselling Clinic - Family Services Ottawa
9:00 Schoo Counselling Doors for I Children & 9:00 Brief Counselling	- Open Counselling - Lanark Services - Open - Doors for Lanark - Children & Youth	Counselling - 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 Talk-In Single	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth 9:00 Youth Wellness	

Services - Open	Sessions - Open		Sessions - Open	Hub for Youth -
Doors for Lanark	Doors for Lanark	9:00 Brief	Doors for Lanark	Walk-in Embrun
Children & Youth	Children & Youth	Counselling Services - Open Doors for	Children & Youth	0.00 Talls In Circula
9:00 Talk-In Single	9:00 Early Learning	Lanark Children &	9:00 Early Learning	9:00 Talk-In Single Sessions - Open
Sessions - Open	and Parenting	Youth	and Parenting	Doors for Lanark
Doors for Lanark	Workshops -		Workshops -	Children & Youth
Children & Youth	Pinecrest	9:00 Talk-In Single	Pinecrest	0.00 F. 1-1
9:00 Early Learning	Queensway	Sessions - Open Doors for Lanark	Queensway	9:00 Early Learning and Parenting
and Parenting	Community Health	Children & Youth	Community Health	Workshops -
Workshops -	Centre		Centre	Pinecrest
Pinecrest	9:00 Franc Succès -	9:00 Youth Wellness Hub for Youth -	9:00 Franc Succès -	Queensway
Queensway	Vanier Community	Walk-in Embrun	Vanier Community	Community Health
Community Health	Services Centre		Services Centre	Centre
Centre	10:00 Baby Love -	9:00 Early Learning	10:00 Nobody's	9:00 Franc Succès -
9:00 Franc Succès -	Bethany Hope	and Parenting Workshops -	Perfect - Bethany	Vanier Community
Vanier Community	Centre	Pinecrest	Hope Centre	Services Centre
Services Centre	10:00 Youth	Queensway	10:00 Youth	11:00 Attachment
11:00 Walk-In Clinic	Wellness Hub for	Community Health	Wellness Hub for	group
- Le Cap	Youth - Walk-in	Centre	Youth - Walk-in	11:30 Supporting
1:00 Youth Wellness	Rockland	9:00 Franc Succès -	Cornwall	your family's mental
Hub for Youth -	12:00 SMART	Vanier Community	11:00 Youth	health
Walk-in Rockland	Recovery	Services Centre	Wellness Hub for	12.00 Th. W. II. I.
1:00 Drop In	12:00 The Walk-In	9:30 L'éveil des tout-	Youth - Walk-in	12:00 The Walk-In Counselling Clinic -
Support - Open	Counselling Clinic -	petits - Vanier	Rockland	CFS/SFC Ottawa
Doors for Lanark	South East Ottawa	Community Services	11:30 The Walk-In	
Children & Youth	Community Centre	Centre	Counselling Clinic -	3:00 Junior DBT
3:00 DBT Skills	12:00 The Walk-In	11:00 Drop in	Renfrew County	Skills Family Group
Family Group	Counselling Clinic -	support - Children's	11:30 E-walk-in	4:00 Youth Drop In
	Somerset West	mental health of	Counselling Clinic	- Vanier Community
6:00 Somali Youth	Community Centre	Leeds & Grenville	_	Services Centre
Support Project and Somali Parent	12:00 Walk-In Clinic	12:00 Drop in	12:00 Thoughts, Feelings and	4:30 Youth Drop in -
Supports - Pinecrest	- Youth Services	support group -	Emotions - Know	Wabano Centre
Queensway	Bureau	Équipe psycho-	the difference to	6:00 Somali Youth
Community Health	12:00 Youth	sociale pour enfants	improve your	Support Project and
Centre	Wellness Hub for	et adolescents	wellbeing	Somali Parent
	Youth - Walk-in	francophones	12:00 SMART	Supports - Pinecrest
	Cornwall	12:00 The Walk-In	Recovery	Queensway
	12:00 The Walk-In	Counselling Clinic -	12:00 The Walk-In	Community Health Centre
	Counselling Clinic -	Centretown	Counselling Clinic -	Centre
	Family Services	Community Health Centre	Renfrew County	
	Ottawa	Centre	Collective (Arnprior	
	1:30 Buns in the	12:00 Youth	Health Team)	
	Oven - Vanier	Wellness Hub for Youth - Walk-in	12:00 The Walk-In	
	Community Health	Cornwall	Counselling Clinic -	
	Centre		CFS/SFC Ottawa	
	4:00 LGBTQ2S	12:00 The Walk-In	12:00 Crossroads -	
	Support Group -	Counselling Clinic - Jewish Family	Child & Family	
	Open Doors for	Services	Clinic	
	Lanark Children &		12:00 Walk-In Clinic	
	Youth	1:00 Neighbourhood Health and Wellness	- Youth Services	
	6:00 Somali Youth	Hubs - Pinecrest	Bureau	
	Support Project and	Queensway	12:15 Entre Filles -	
	Somali Parent	Community Health	Vanier Community	
	Supports - Pinecrest Queensway	Centre	Health Centre	
	Community Health	1:00 Neighbourhood	1:00 The Walk-In	
	Centre	Health and Wellness	Counselling Clinic -	
	6:30 Drop in	Hubs -	Inspire Community	
	Support group for	Heatherington	Support Services	
	parents - PLEO	1:00 The Walk-In	1:30 The Walk-In	
	(ADHD focus)	Counselling Clinic -	Counselling Clinic -	
	6:30 Just for Dad's	North Renfrew	Nepean, Rideau &	
		Family Services	Osgoode	
		3:00 Counselling	Community Resource Centre	
		Services - Vanier Community Service		
			6:00 Samali Vauth	

Community Service

Centre

6:00 Somali Youth

Support Project and

				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	Somali Parent Supports - Pinecrest Queensway Community Health Centre 7:00 SMART Recovery for Families and Caregivers		
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19		20	21	22	23	24	25
Oj Re th Hi	00 Creating pportunities & esources Against e Trafficking of umans (CORATH) Roberts Smart entre	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
Co Je	2:00 The Walk-In bunselling Clinic - wish Family ervices	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	Smart Centre 12:00 The Walk-In
in vi	00 Managing tense emotions - rtual parenting oups	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	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	Counselling Clinic - Family Services Ottawa
		9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	Counselling - Open Doors for Lanark Children & Youth 9:00 Youth Wellness Hub for 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	Walk-in Hawkesbury 9:00 Brief Counselling Services - Open Doors for	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Youth Wellness Hub for Youth - Walk-in Alexandria 9:00 Youth Wellness	
		9:00 Early Learning and Parenting Workshops -	9:00 Early Learning and Parenting Workshops -	Lanark Children & Youth	9:00 Early Learning and Parenting Workshops -	Hub for Youth - Walk-in Alexandria	
		Pinecrest Queensway Community Health Centre	Pinecrest Queensway Community Health Centre	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	Pinecrest Queensway Community Health Centre	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	
		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	9:00 Early Learning and Parenting Workshops - Pinecrest	
		11:00 Walk-In Clinic - Le Cap 1:00 Youth Wellness	10:00 Baby Love - Bethany Hope Centre	Queensway Community Health Centre	10:00 Nobody's Perfect - Bethany Hope Centre	Queensway Community Health Centre	
		Hub for Youth - Walk-in Rockland 3:00 DBT Skills	10:00 Youth Wellness Hub for Youth - Walk-in	9:00 Franc Succès - Vanier Community Services Centre	10:00 Youth Wellness Hub for Youth - Walk-in	9:00 Franc Succès - Vanier Community Services Centre	
		Family Group	Rockland	9:30 L'éveil des tout-	Cornwall	11:00 Attachment	
		4:00 Youth Wellness Hub for parents and care givers - Walk-	12:00 SMART Recovery 12:00 The Walk-In	petits - Vanier Community Services Centre	11:00 Youth Wellness Hub for Youth - Walk-in	group  11:30 Supporting your family's mental	
		in Rockland	Counselling Clinic - South East Ottawa	11:00 Drop in support - Children's	Rockland 11:30 The Walk-In	health	
		6:00 Somali Youth Support Project and Somali Parent	Community Centre 12:00 The Walk-In	mental health of Leeds & Grenville	Counselling Clinic - Renfrew County	12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa	

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	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 Counselling Clinic - Inspire Community Support Services 1:30 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	
27	28	29	30	31	

7:00 Creating	7:00 Creating	7:00 Creating	7:00 Creating	7:00 Creating	7:00 Creating	<u> </u>
Opportunities &	Opportunities &	Opportunities &	Opportunities &	Opportunities &	Opportunities &	
Resources Against	Resources Against	Resources Against	Resources Against	Resources Against	Resources Against	
the Trafficking of	the Trafficking of	the Trafficking of	the Trafficking of	the Trafficking of	the Trafficking of	
Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	Humans (CORATH)	
- Roberts Smart	- Roberts Smart	- Roberts Smart	- Roberts Smart	- Roberts Smart	- Roberts Smart	
Centre	Centre	Centre	Centre	Centre	Centre	
12:00 The Walk-In	9:00 Counselling	9:00 Counselling	9:00 Counselling	9:00 Counselling	9:00 Counselling	
Counselling Clinic -	Services - Vanier	Services - Vanier	Services - Vanier	Services - Vanier	Services - Vanier	
Jewish Family	Community Service	Community Service	Community Service	Community Service	Community Service	
Services	Centre	Centre	Centre	Centre	Centre	
	9:00 Support	9:00 School Based	9:00 Crossroads -	9:00 School Based	9:00 School Based	
	Groups - Open	Counselling - Open	Child & Family	Counselling - Open	Counselling - Open	
	Doors for Lanark	Doors for Lanark	Clinic	Doors for Lanark	Doors for Lanark	
	Children & Youth	Children & Youth	9:00 School Based	Children & Youth	Children & Youth	
	9:00 School Based	9:00 Brief	Counselling - Open	9:00 Brief	9:00 Brief	
	Counselling - Open	Counselling	Doors for Lanark	Counselling Services	Counselling Services	
	Doors for Lanark	Services - Open	Children & Youth	- Open Doors for	- Open Doors for	
	Children & Youth	Doors for Lanark	0.00 77 - 4.777.11	Lanark Children &	Lanark Children &	
	9:00 Brief	Children & Youth	9:00 Youth Wellness Hub for Youth -	Youth	Youth	
	Counselling	9:00 Talk-In Single	Walk-in Hawkesbury	9:00 Talk-In Single	9:00 Youth Wellness	
	Services - Open	Sessions - Open		Sessions - Open	Hub for Youth -	
	Doors for Lanark	Doors for Lanark	9:00 Brief	Doors for Lanark	Walk-in Embrun	
	Children & Youth	Children & Youth	Counselling Services	Children & Youth	0.00 77 11 1 1 12 1	
	0.00 Tull- I - C' 1	0.00 E. 1. 1	- Open Doors for	0.00 E. 1. 1	9:00 Talk-In Single	
	9:00 Talk-In Single Sessions - Open	9:00 Early Learning and Parenting	Lanark Children & Youth	9:00 Early Learning and Parenting	Sessions - Open Doors for Lanark	
	Doors for Lanark	Workshops -	1 Ouu1	Workshops -	Children & Youth	
	Children & Youth	Pinecrest	9:00 Talk-In Single	Pinecrest		
		Queensway	Sessions - Open	Queensway	9:00 Early Learning	
	9:00 Early Learning	Community Health	Doors for Lanark	Community Health	and Parenting	
	and Parenting Workshops -	Centre	Children & Youth	Centre	Workshops - Pinecrest	
	Pinecrest	9:00 Franc Succès -	9:00 Youth Wellness	9:00 Franc Succès -	Queensway	
	Queensway	Vanier Community	Hub for Youth -	Vanier Community	Community Health	
	Community Health	Services Centre	Walk-in Embrun	Services Centre	Centre	
	Centre	10:00 Baby Love -	9:00 Early Learning	10:00 Nobody's	9:00 Franc Succès -	
	9:00 Franc Succès -	Bethany Hope	and Parenting	Perfect - Bethany	Vanier Community	
	Vanier Community	Centre	Workshops -	Hope Centre	Services Centre	
	Services Centre		Pinecrest			
	11 00 11/11 1 61/1	10:00 Youth	Queensway	10:00 Youth	11:30 Supporting	
	11:00 Walk-In Clinic	Wellness Hub for Youth - Walk-in	Community Health	Wellness Hub for Youth - Walk-in	your family's mental	
	- Le Cap	Rockland	Centre	Cornwall	health	
	1:00 Youth Wellness		9:00 Franc Succès -		12:00 The Walk-In	
	Hub for Youth -	12:00 SMART	Vanier Community	11:00 Youth	Counselling Clinic -	
	Walk-in Rockland	Recovery	Services Centre	Wellness Hub for Youth - Walk-in	CFS/SFC Ottawa	
	1:00 Drop In	12:00 The Walk-In	9:30 L'éveil des tout-	Rockland	3:00 Junior DBT	
	Support - Open	Counselling Clinic -	petits - Vanier		Skills Family Group	
	Doors for Lanark	South East Ottawa	Community Services	11:30 The Walk-In	4:00 Youth Drop In	
	Children & Youth	Community Centre	Centre	Counselling Clinic -	- Vanier Community	
	3:00 DBT Skills	12:00 The Walk-In	11:00 Drop in	Renfrew County	Services Centre	
	Family Group	Counselling Clinic -	support - Children's	11:30 E-walk-in	1.20 Vouth Dron in	
	6:00 Around the	Somerset West	mental health of	Counselling Clinic	4:30 Youth Drop in - Wabano Centre	
	Rainbow -	Community Centre	Leeds & Grenville	12:00 SMART		
	Transcend Youth	12:00 Walk-In Clinic	12:00 Drop in	Recovery	6:00 Somali Youth	
	Group - Family	- Youth Services	support group -		Support Project and	
	Services Ottawa	Bureau	Équipe psycho-	12:00 The Walk-In	Somali Parent	
	6:00 Somali Youth	12:00 Youth	sociale pour enfants	Counselling Clinic - Renfrew County	Supports - Pinecrest Queensway	
	Support Project and	Wellness Hub for	et adolescents	Collective (Arnprior	Community Health	
	Somali Parent	Youth - Walk-in	francophones	Health Team)	Centre	

Support Project and Somali Parent

Youth - Walk-in

Renfrew County
Collective (Arnprior
Health Team)

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	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		
		Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre			