April 2023

Workshops -

Pinecrest

Workshops -

Pinecrest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 The Walk-In Counselling Clinic - Family Services Ottawa 1:00 Around The Rainbow Art & Play Drop In Group - Family Services Ottawa
7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 The Walk-In Counselling Clinic - Jewish Family Services	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 Franc Succès - Vanier Community Services Centre 9:00 Counselling Services - Vanier Community Service Centre 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 School Based Counselling - Open Doors for Lanark Children & Youth	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 Counselling Services - Vanier Community Service Centre 9:00 Franc Succès - Vanier Community Services Centre 9:00 School Based Counselling - 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	5 7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 Franc Succès - Vanier Community Services Centre 9:00 Counselling Services - Vanier Community Service Centre 9:00 Crossroads - Child & Family Clinic 9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre 9:00 Youth Wellness Hub for Youth - Walk-in Hawkesbury 9:00 Talk-In Single	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 Counselling Services - Vanier Community Service Centre 9:00 Franc Succès - Vanier Community Services Centre 9:00 Talk-In Single Sessions - 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	7 7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 Franc Succès - Vanier Community Services Centre 9:00 Counselling Services - Vanier Community Service Centre 9:00 Youth Wellness Hub for Youth - Walk-in Alexandria 9:00 Youth Wellness Hub for Youth - Walk-in Alexandria 9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre 9:00 Brief	8 7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 The Walk-In Counselling Clinic - Family Services Ottawa

Doors for Lanark

Children & Youth

Workshops -

Pinecrest

- Open Doors for

Lanark Children &

Queensway	Queensway		Queensway	Youth	
Community Health	Community Health	9:00 Brief	Community Health	9:00 School Based	
Centre	Centre	Counselling Services - Open Doors for	Centre	Counselling - Open	
11:00 Walk-In Clinic	10:00 Baby Love -	Lanark Children &	10:00 Nobody's	Doors for Lanark	
- Le Cap	Bethany Hope	Youth	Perfect - Bethany	Children & Youth	
1:00 Youth Wellness	Centre	9:00 School Based	Hope Centre	9:00 Talk-In Single	
Hub for Youth -	10:00 Youth	Counselling - Open	10:00 Youth	Sessions - Open	
Walk-in Rockland	Wellness Hub for	Doors for Lanark	Wellness Hub for	Doors for Lanark	
3:00 DBT Skills	Youth - Walk-in	Children & Youth	Youth - Walk-in	Children & Youth	
Family Group	Rockland	9:30 L'éveil des tout-	Cornwall	11:30 Supporting	
	12:00 SMART	petits - Vanier	11:00 Youth	your family's mental	
4:00 Youth Wellness Hub for parents and	Recovery	Community Services	Wellness Hub for	health	
care givers - Walk-	12:00 Walk-In Clinic	Centre	Youth - Walk-in	12:00 The Walk-In	
in Rockland	- Youth Services	11:00 Drop in	Rockland	Counselling Clinic -	
6:00 Somali Youth	Bureau	support - Children's	11:30 The Walk-In	CFS/SFC Ottawa	
Support Project and	12:00 The Walk-In	mental health of Leeds & Grenville	Counselling Clinic - Renfrew County	3:00 Junior DBT	
Somali Parent	Counselling Clinic -		-	Skills Family Group	
Supports - Pinecrest	Family Services	12:00 Drop in	11:30 E-walk-in	4:00 Youth Drop In	
Queensway Community Health	Ottawa	support group - Équipe psycho-	Counselling Clinic	- Vanier Community	
Centre Centre	12:00 The Walk-In	sociale pour enfants	12:00 Crossroads -	Services Centre	
6:30 Positive	Counselling Clinic - Somerset West	et adolescents	Child & Family	4:30 Youth Drop in -	
Discipline - group	Community Centre	francophones	Clinic	Wabano Centre	
for parents	1	12:00	12:00 The Walk-In	6:00 Somali Youth	
1	12:00 The Walk-In	Neighbourhood	Counselling Clinic -	Support Project and	
	Counselling Clinic - South East Ottawa	Health and Wellness	CFS/SFC Ottawa	Somali Parent	
	Community Centre	Hubs - ACB	12:00 Walk-In Clinic	Supports - Pinecrest	
	12:00 Youth	Wellness Centre	- Youth Services Bureau	Queensway	
	Wellness Hub for	12:00 The Walk-In	Bureau	Community Health Centre	
	Youth - Walk-in	Counselling Clinic - Centretown	12:00 SMART	0011110	
	Cornwall	Community Health	Recovery		
	1:00 Drop In	Centre	12:00		
	Support - Open	12:00 The Walk-In	Neighbourhood		
	Doors for Lanark	Counselling Clinic -	Health and Wellness Hubs - Caldwell		
	Children & Youth	Jewish Family			
	1:30 Buns in the	Services	12:00 The Walk-In		
	Oven - Vanier	12:00 Youth	Counselling Clinic - Renfrew County		
	Community Health Centre	Wellness Hub for	Collective (Amprior		
	Centre	Youth - Walk-in	Health Team)		
	6:00 Somali Youth	Cornwall	12:15 Entre Filles -		
	Support Project and Somali Parent	1:00 The Walk-In	Vanier Community		
	Supports - Pinecrest	Counselling Clinic -	Health Centre		
	Queensway	North Renfrew Family Services	1:00 Youth Wellness		
	Community Health	-	Hub for parents and		
	Centre	1:00 Support	care givers - Walk-		
	6:00 Triple P Fear-	Groups - Open Doors for Lanark	in Cornwall		
	less - Valoris	Children & Youth	1:00 The Walk-In		
	6:30 Just for Dad's	1:00 Neighbourhood	Counselling Clinic - Inspire Community		
		Health and Wellness	Support Services		
		Hubs -			
		Heatherington	1:30 The Walk-In Counselling Clinic -		
		1:00 Neighbourhood	Nepean, Rideau &		
		Health and Wellness	Osgoode		
		Hubs - St. Laurent	Community		
		Overbrook	Resource Centre		
		2:30 Eating	6:00 Youth Drop Ins		
		Disorders Support Group	and Fall 2023		
		-	Groups - Youth Net		
		3:00 Counselling	6:00 Somali Youth		
		Services - Vanier Community Service	Support Project and		
		Centre	Somali Parent Supports - Pinecrest		
		4:00 Emotional	Queensway		
		Regulation Group	Community Health		
		3	Centre		

			5:30 Dad's matter - Bethany Hope Centre 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	7:00 SMART Recovery for Families and Caregivers		
9	10	11	12	13	14	15
7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 12:00 The Walk-In	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 Counselling	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 Franc Succès -	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 Counselling	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 Franc Succès -	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre 9:00 Counselling	7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre
Counselling Clinic - Jewish Family Services	Services - Vanier Community Service Centre	Vanier Community Services Centre	Services - Vanier Community Service Centre	Vanier Community Services Centre	Services - Vanier Community Service Centre	12:00 The Walk-In
	9:00 Franc Succès - Vanier Community Services Centre	9:00 Counselling Services - Vanier Community Service Centre	9:00 Franc Succès - Vanier Community Services Centre	9:00 Counselling Services - Vanier Community Service Centre	9:00 Franc Succès - Vanier Community Services Centre	Counselling Clinic - Family Services
	9:00 Support Groups - Open Doors for Lanark Children & Youth	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Crossroads - Child & Family Clinic 9:00 Youth Wellness	9:00 Brief Counselling Services - Open Doors for Lanark Children &	9:00 Youth Wellness Hub for Youth - Walk-in Embrun	Ottawa
	9:00 Talk-In Single Sessions - Open	9:00 Brief Counselling	Hub for Youth - Walk-in Embrun	Youth 9:00 School Based	9:00 Early Learning and Parenting Workshops -	
	Doors for Lanark Children & Youth	Services - Open Doors for Lanark Children & Youth	9:00 Early Learning and Parenting	Counselling - Open Doors for Lanark Children & Youth	Pinecrest Queensway Community Health	
	9:00 School Based Counselling - Open	9:00 School Based	Workshops - Pinecrest	9:00 Talk-In Single	Centre	
	Doors for Lanark Children & Youth 9:00 Brief	Counselling - Open Doors for Lanark Children & Youth	Queensway Community Health Centre	Sessions - Open Doors for Lanark Children & Youth	9:00 Talk-In Single Sessions - Open Doors for Lanark	
	Counselling Services - Open	9:00 Early Learning and Parenting	9:00 Youth Wellness Hub for Youth -	9:00 Early Learning and Parenting	Children & Youth 9:00 School Based	
	Doors for Lanark Children & Youth	Workshops - Pinecrest Queensway	Walk-in Hawkesbury 9:00 Talk-In Single	Workshops - Pinecrest Queensway	Counselling - Open Doors for Lanark Children & Youth	
	9:00 Early Learning and Parenting Workshops -	Community Health Centre	Sessions - Open Doors for Lanark Children & Youth	Community Health Centre	9:00 Brief Counselling Services	
	Pinecrest Queensway Community Health	10:00 Baby Love - Bethany Hope Centre	9:00 School Based Counselling - Open Doors for Lanark	10:00 Nobody's Perfect - Bethany Hope Centre	- Open Doors for Lanark Children & Youth	
	Centre 11:00 Walk-In Clinic - Le Cap	10:00 Youth Wellness Hub for Youth - Walk-in	Children & Youth 9:00 Brief	10:00 Youth Wellness Hub for Youth - Walk-in	11:30 Supporting your family's mental health	
	1:00 Youth Wellness Hub for Youth -	Rockland 12:00 Walk-In Clinic	Counselling Services - Open Doors for Lanark Children &	Cornwall 11:00 Youth	12:00 The Walk-In Counselling Clinic -	
	Walk-in Rockland	- Youth Services Bureau	Youth	Wellness Hub for Youth - Walk-in	CFS/SFC Ottawa	
	1:00 Drop In Support - Open Doors for Lanark	12:00 SMART Recovery	9:30 L'éveil des tout- petits - Vanier Community Services	Rockland 11:30 The Walk-In	3:00 Junior DBT Skills Family Group	
	Children & Youth	12:00 The Walk-In	Centre	Counselling Clinic - Renfrew County	4:00 Youth Drop In - Vanier Community Services Centre	
1	3:00 DBT Skills	Counselling Clinic -	11:00 Drop in	I	Services Centre	

Community Health Centre			Family Group 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:30 Positive Discipline - group for parents	Family Services Ottawa 12:00 The Walk-In Counselling Clinic - South East Ottawa Community Centre 12:00 The Walk-In Counselling Clinic - Somerset West Community Centre 12:00 Youth Wellness Hub for Youth - Walk-in Cornwall 1:30 Buns in the Oven - Vanier Community Health Centre 4:00 LGBTQ2S Support Group - Open Doors for Lanark Children & Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 6:00 Triple P Fear- less - Valoris 6:30 Drop in Support group for parents - PLEO (ADHD focus) 6:30 Parenting with Confidence - Family Services Ottawa	· ·	11:30 E-walk-in Counselling Clinic 12:00 Crossroads - Child & Family Clinic 12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa 12:00 SMART Recovery 12:00 Walk-In Clinic - Youth Services Bureau 12:00 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team) 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	4:30 Youth Drop in - Wabano Centre 6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	
16 17 18 19 20 21 22	10	6	17	18	19	20	21	22
7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre Opportunities & Opportunities & Opportunities & Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre Opportunities & Opportun	O R th H	Opportunities & Lesources Against ne Trafficking of Itumans (CORATH) Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre	Opportunities & Resources Against the Trafficking of Humans (CORATH) -
12:00 The Walk-In Counselling Clinic - Jewish Family 9:00 Franc Succès - Vanier Community Service 9:00 Counselling Services - Vanier Community Service 9:00 Franc Succès - Vanier Community Service 9:00 Counselling Services - Vanier Community Service 0:00 Franc Succès - Vanier Community Services 0:00 Franc Succès - Vanier Community Service 0:00 Franc Su	C	Counselling Clinic -	Vanier Community	Services - Vanier	Vanier Community	Services - Vanier	Vanier Community	Smart Centre

Services	9:00 Counselling	Centre	9:00 Counselling	Centre	9:00 Counselling
	Services - Vanier	9:00 Franc Succès -	Services - Vanier	9:00 Franc Succès -	Services - Vanier
	Community Service	Vanier Community	Community Service	Vanier Community	Community Service
	Centre	Services Centre	Centre	Services Centre	Centre
	9:00 Talk-In Single	9:00 School Based	9:00 Crossroads -	9:00 Talk-In Single	9:00 Youth Wellne
	Sessions - Open	Counselling - Open	Child & Family	Sessions - Open	Hub for Youth -
	Doors for Lanark	Doors for Lanark	Clinic	Doors for Lanark	Walk-in Alexandria
	Children & Youth	Children & Youth	9:00 Early Learning	Children & Youth	9:00 Youth Wellne
	9:00 Brief	9:00 Brief	and Parenting	9:00 School Based	Hub for Youth -
	Counselling	Counselling	Workshops -	Counselling - Open	Walk-in Alexandria
	Services - Open	Services - Open	Pinecrest	Doors for Lanark	
	Doors for Lanark	Doors for Lanark	Queensway	Children & Youth	9:00 Early Learnin
	Children & Youth	Children & Youth	Community Health		and Parenting
			Centre	9:00 Brief	Workshops -
	9:00 School Based	9:00 Talk-In Single		Counselling Services	Pinecrest
	Counselling - Open	Sessions - Open	9:00 Youth Wellness	- Open Doors for	Queensway
	Doors for Lanark	Doors for Lanark	Hub for Youth -	Lanark Children &	Community Health
	Children & Youth	Children & Youth	Walk-in Hawkesbury	Youth	Centre
	9:00 Early Learning	9:00 Early Learning	9:00 Talk-In Single	9:00 Early Learning	9:00 Brief
	and Parenting	and Parenting	Sessions - Open	and Parenting	Counselling Service
	Workshops -	Workshops -	Doors for Lanark	Workshops -	- Open Doors for
	Pinecrest	Pinecrest	Children & Youth	Pinecrest	Lanark Children &
	Queensway	Queensway	9:00 Brief	Queensway	Youth
	Community Health	Community Health	Counselling Services	Community Health	9:00 School Based
	Centre	Centre	- Open Doors for	Centre	Counselling - Open
	11:00 Walk-In Clinic	10:00 Baby Love -	Lanark Children &	10:00 Nobody's	Doors for Lanark
	- Le Cap	Bethany Hope	Youth	Perfect - Bethany	Children & Youth
	1.00 77 11 77 11	Centre	0.00 G 1 1 D 1	Hope Centre	0.00 7 11 1 0. 1
	1:00 Youth Wellness Hub for Youth -	10:00 Youth	9:00 School Based	10:00 Youth	9:00 Talk-In Single Sessions - Open
	Walk-in Rockland	Wellness Hub for	Counselling - Open Doors for Lanark	Wellness Hub for	Doors for Lanark
	waik-iii Kockiaiiu	Youth - Walk-in	Children & Youth	Youth - Walk-in	Children & Youth
	3:00 DBT Skills	Rockland	Cinidicii & Toutii	Cornwall	Cinidicii & Toutii
	Family Group		9:30 L'éveil des tout-	Comwan	11:30 Supporting
	4:00 Youth Wellness	12:00 SMART	petits - Vanier	11:00 Youth	your family's men
	Hub for parents and	Recovery	Community Services	Wellness Hub for	health
	care givers - Walk-	12:00 Walk-In Clinic	Centre	Youth - Walk-in	12:00 The Walk-Ir
	in Rockland	- Youth Services	11:00 Drop in	Rockland	Counselling Clinic
		Bureau	support - Children's	11:30 The Walk-In	CFS/SFC Ottawa
	6:00 Somali Youth		11 11 6	G 11: G1: :	1

12:00 The Walk-In

Counselling Clinic -

12:00 The Walk-In

Counselling Clinic -

Community Centre

12:00 The Walk-In

Counselling Clinic -

South East Ottawa

Community Centre

Somerset West

Family Services

Ottawa

mental health of

12:00 Drop in

support group -

Équipe psycho-

et adolescents

francophones

Neighbourhood

Wellness Centre

Hubs - ACB

Health and Wellness

12:00

sociale pour enfants

Leeds & Grenville

Counselling Clinic -

Renfrew County

11:30 E-walk-in

Child & Family

Clinic

Counselling Clinic

12:00 Crossroads -

12:00 The Walk-In

Counselling Clinic -

12:00 Walk-In Clinic

CFS/SFC Ottawa

- Youth Services

Somali Parent

Queensway

6:30 Positive

for parents

Centre

Support Project and

Supports - Pinecrest

Community Health

Discipline - group

Counselling Vanier Clinic ity Service Family Services Ottawa th Wellness outh -Alexandria th Wellness outh -Alexandria y Learning nting ps ay ity Health ing Services oors for hildren & ool Based ing - Open Lanark & Youth -In Single - Open Lanark & Youth pporting ily's mental e Walk-In ng Clinic -CFS/SFC Ottawa 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

Walk-In

	12:00 Youth Wellness H Youth - Wa Cornwall 1:00 Drop Support - C Doors for I Children & 1:30 Buns i Oven - Van Community Centre 6:00 Somal Support Pr Somali Par Supports - Queensway Community Centre	Sub for counselling Clinic - Centretown Community Health Centre Den 12:00 The Walk-In Counselling Clinic - Jewish Family Services In the sier 12:00 Youth Wellness Hub for Youth - Walk-in Cornwall oject and ent Pinecrest (12:00 The Walk-In Counselling Clinic - North Renfrew Family Services	Bureau 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) 12:15 Entre Filles - Vanier Community Health Centre 1:00 Youth Wellness Hub for parents and care givers - Walk-	Community Health Centre	
	6:00 Triple less - Valor 6:30 Parent Confidence Services O	is Children & Youth ting with - Family Health and Wellness	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		
23 24	25	26	27	28	29
Opportunities & Opportunities & Copportunities & Copportu	Creating ortunities & Opportunit expurees Against Crafficking of ans (CORATH) berts Smart re 7:00 Creati Opportunit Resources the Trafficl Humans (C - Roberts S Centre	ies & Opportunities & Resources Against the Trafficking of ORATH) OPPORTUNITIES & Resources Against the Trafficking of Humans (CORATH)	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) -
Counselling Clinic - Jewish Family Com Services Cent	Counselling ices - Vanier wanier Con Services Core 9:00 Couns Franc Succès - er Community Community	nmunity Services - Vanier Community Service Centre elling Vanier 9:00 Franc Succès	9:00 Counselling	9:00 Counselling Services - Vanier Community Service Centre 9:00 Franc Succès - Vanier Community	Roberts Smart Centre 12:00 The Walk-In Counselling Clinic -
Servi 9:00 Grou	cer Community ices Centre Support aps - Open rs for Lanark Community Commu	Services Centre 9:00 Crossroads - Child & Family	Centre 9:00 Early Learning and Parenting Workshops -	Services Centre 9:00 Youth Wellness Hub for Youth - Walk-in Embrun	Family Services Ottawa

Children & Youth	Children & Youth		Pinecrest	
		9:00 Youth Wellness	Queensway	9:00 Early Learning
9:00 Talk-In Single Sessions - Open	9:00 Brief Counselling	Hub for Youth - Walk-in Embrun	Community Health	and Parenting Workshops -
Doors for Lanark	Services - Open	waik-in Emorun	Centre	Pinecrest
Children & Youth	Doors for Lanark	9:00 Early Learning	9:00 Brief	Queensway
9:00 School Based	Children & Youth	and Parenting Workshops -	Counselling Services	Community Health
Counselling - Open	9:00 School Based	Pinecrest	- Open Doors for	Centre
Doors for Lanark	Counselling - Open	Queensway	Lanark Children & Youth	9:00 Talk-In Single
Children & Youth	Doors for Lanark	Community Health	Youn	Sessions - Open
9:00 Brief	Children & Youth	Centre	9:00 School Based	Doors for Lanark
Counselling	9:00 Early Learning	9:00 Youth Wellness	Counselling - Open	Children & Youth
Services - Open	and Parenting	Hub for Youth -	Doors for Lanark Children & Youth	9:00 School Based
Doors for Lanark	Workshops -	Walk-in Hawkesbury	Cinidien & Touth	Counselling - Open
Children & Youth	Pinecrest	9:00 Talk-In Single	9:00 Talk-In Single	Doors for Lanark
9:00 Early Learning	Queensway Community Health	Sessions - Open	Sessions - Open Doors for Lanark	Children & Youth
and Parenting	Centre	Doors for Lanark	Children & Youth	9:00 Brief
Workshops -		Children & Youth		Counselling Services
Pinecrest	10:00 Baby Love -	9:00 School Based	10:00 Nobody's	- Open Doors for
Queensway Community Health	Bethany Hope Centre	Counselling - Open	Perfect - Bethany Hope Centre	Lanark Children & Youth
Centre	Centre	Doors for Lanark	Trope Centre	Tour
	10:00 Youth	Children & Youth	10:00 Youth	12:00 The Walk-In
11:00 Walk-In Clinic	Wellness Hub for Youth - Walk-in	9:00 Brief	Wellness Hub for Youth - Walk-in	Counselling Clinic - CFS/SFC Ottawa
- Le Cap	Rockland	Counselling Services	Cornwall	CFS/SFC Ottawa
1:00 Youth Wellness		- Open Doors for		3:00 Junior DBT
Hub for Youth -	12:00 Walk-In Clinic	Lanark Children &	11:00 Youth	Skills Family Group
Walk-in Rockland	- Youth Services Bureau	Youth	Wellness Hub for Youth - Walk-in	4:00 Youth Drop In
1:00 Drop In	Dureau	9:30 L'éveil des tout-	Rockland	- Vanier Community
Support - Open	12:00 SMART	petits - Vanier		Services Centre
Doors for Lanark Children & Youth	Recovery	Community Services	11:30 The Walk-In	4:30 Youth Drop in -
Children & Youth	12:00 The Walk-In	Centre	Counselling Clinic - Renfrew County	Wabano Centre
3:00 DBT Skills	Counselling Clinic -	11:00 Drop in		6:00 Somali Youth
Family Group	Family Services	support - Children's	11:30 E-walk-in	Support Project and
6:00 Around the	Ottawa	mental health of Leeds & Grenville	Counselling Clinic	Somali Parent
Rainbow -	12:00 The Walk-In		12:00 Crossroads -	Supports - Pinecrest
Transcend Youth	Counselling Clinic -	12:00 Drop in	Child & Family	Queensway
Group - Family Services Ottawa	South East Ottawa Community Centre	support group - Équipe psycho-	Clinic	Community Health Centre
Services Ottawa	Community Centre	sociale pour enfants	12:00 The Walk-In	Centre
6:00 Somali Youth	12:00 The Walk-In	et adolescents	Counselling Clinic -	
Support Project and	Counselling Clinic -	francophones	CFS/SFC Ottawa	
Somali Parent Supports - Pinecrest	Somerset West Community Centre	12:00 The Walk-In	12:00 SMART	
Queensway	1	Counselling Clinic -	Recovery	
Community Health	12:00 Youth	Jewish Family	12:00 Walk-In Clinic	
Centre	Wellness Hub for Youth - Walk-in	Services	- Youth Services	
6:30 Positive	Cornwall	12:00 The Walk-In	Bureau	
Discipline - group		Counselling Clinic -	12:00 The Walk-In	
for parents	1:30 Buns in the Oven - Vanier	Centretown	Counselling Clinic -	
	Community Health	Community Health	Renfrew County	
	Centre	Centre	Collective (Arnprior	
	4:00 LGBTQ2S	12:00 Youth	Health Team)	
	Support Group -	Wellness Hub for	12:15 Entre Filles -	
	Open Doors for	Youth - Walk-in	Vanier Community	
	Lanark Children &	Cornwall	Health Centre	
	Youth	1:00 The Walk-In	1:00 The Walk-In	
	6:00 Somali Youth	Counselling Clinic - North Renfrew	Counselling Clinic -	
	Support Project and	Family Services	Inspire Community	
	Somali Parent	_	Support Services	
	Supports - Pinecrest	1:00 Neighbourhood	1:30 The Walk-In	
	Queensway Community Health	Health and Wellness Hubs -	Counselling Clinic -	
	Centre	Heatherington	Nepean, Rideau & Osgoode	
		_	Community	
	6:00 Triple P Fear- less - Valoris	1:00 Neighbourhood Health and Wellness	Resource Centre	
I	1055 - Valul18	1 1 Caiui and Weiliness	I	1

	6:30 Drop in Support group for parents - PLEO (ADHD focus) 6:30 Parenting with Confidence - Family Services Ottawa 6:30 Coping with Grief - ages 8 to 12 6:30 Coping with Grief - ages 13 to 16	Hubs - Pinecrest Queensway Community Health Centre 2:30 Eating Disorders Support Group 3:00 Counselling Services - Vanier Community Service Centre 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	6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre 7:00 SMART Recovery for Families and Caregivers	
30				
7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre				
12:00 The Walk-In Counselling Clinic - Jewish Family Services				

https://calendar.kidscomefirst.ca