

# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>7:00 Creating Opportunities &amp; 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 &amp; Play Drop In Group - Family Services Ottawa</p>
<p>2</p> <p>7:00 Creating Opportunities &amp; 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</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest</p>	<p>4</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest</p>	<p>5</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Crossroads - Child &amp; Family Clinic</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Youth Wellness Hub for Youth - Walk-in Hawkesbury</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p>	<p>6</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 School Based Counselling - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children &amp; Youth</p> <p>9:00 Early Learning and Parenting Workshops - Pinecrest</p>	<p>7</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</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 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</p> <p>9:00 Brief Counselling Services - Open Doors for Lanark Children &amp;</p>	<p>8</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The Walk-In Counselling Clinic - Family Services Ottawa</p>

	Queensway Community Health Centre	Queensway Community Health Centre	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	Queensway Community Health Centre	Youth
	11:00 Walk-In Clinic - Le Cap	10:00 Baby Love - Bethany Hope Centre		10:00 Nobody's Perfect - Bethany Hope Centre	9:00 School Based Counselling - Open Doors for Lanark Children & Youth
	1:00 Youth Wellness Hub for Youth - Walk-in Rockland	10:00 Youth Wellness Hub for Youth - Walk-in Rockland	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	10:00 Youth Wellness Hub for Youth - Walk-in Cornwall	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth
	3:00 DBT Skills Family Group	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
	4:00 Youth Wellness Hub for parents and care givers - Walk- in Rockland	12:00 Walk-In Clinic - Youth Services Bureau	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 Queensway Community Health Centre	12:00 The Walk-In Counselling Clinic - Family Services Ottawa	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
	6:30 Positive Discipline - group for parents	12:00 The Walk-In Counselling Clinic - Somerset West Community Centre		12:00 Crossroads - Child & Family Clinic	4:00 Youth Drop In - Vanier Community Services Centre
		12:00 The Walk-In Counselling Clinic - South East Ottawa Community Centre	12:00 Neighbourhood Health and Wellness Hubs - ACB Wellness Centre	12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa	4:30 Youth Drop in - Wabano Centre
		12:00 Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 The Walk-In Counselling Clinic - Centretown Community Health Centre	12:00 Walk-In Clinic - Youth Services Bureau	6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre
		1:00 Drop In Support - Open Doors for Lanark Children & Youth	12:00 The Walk-In Counselling Clinic - Jewish Family Services	12:00 SMART Recovery	
		1:30 Buns in the Oven - Vanier Community Health Centre	12:00 Youth Wellness Hub for Youth - Walk-in Cornwall	12:00 Neighbourhood Health and Wellness Hubs - Caldwell	
		6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre	12:00 The Walk-In Counselling Clinic - North Renfrew Family Services	12:00 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)	
		6:00 Triple P Fear- less - Valoris	1:00 Support Groups - Open Doors for Lanark Children & Youth	12:15 Entre Filles - Vanier Community Health Centre	
		6:30 Just for Dad's	1:00 Neighbourhood Health and Wellness Hubs - Heatherington	1:00 Youth Wellness Hub for parents and care givers - Walk- in Cornwall	
			1:00 Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook	1:00 The Walk-In Counselling Clinic - Inspire Community Support Services	
			2:30 Eating Disorders Support Group	1:30 The Walk-In Counselling Clinic - Nepean, Rideau & Osgoode Community Resource Centre	
			3:00 Counselling Services - Vanier Community Service Centre	6:00 Youth Drop Ins and Fall 2023 Groups - Youth Net	
			4:00 Emotional Regulation Group	6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health 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  7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  12:00 The Walk-In Counselling Clinic - Jewish Family Services	10  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 Support Groups - Open Doors for Lanark Children & Youth  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 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre  11:00 Walk-In Clinic - Le Cap  1:00 Youth Wellness Hub for Youth - Walk-in Rockland  1:00 Drop In Support - Open Doors for Lanark Children & Youth  3:00 DBT Skills	11  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  9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre  10:00 Baby Love - Bethany Hope Centre  10:00 Youth Wellness Hub for Youth - Walk-in Rockland  12:00 Walk-In Clinic - Youth Services Bureau  12:00 SMART Recovery  12:00 The Walk-In Counselling Clinic -	12  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 Crossroads - Child & Family Clinic  9:00 Youth Wellness Hub for Youth - Walk-in Embrun  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 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  9:30 L'éveil des tout- petits - Vanier Community Services Centre  11:00 Drop in	13  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 Brief Counselling Services - Open Doors for Lanark Children & Youth  9:00 School Based Counselling - Open Doors for Lanark Children & Youth  9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth  9:00 Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre  10:00 Nobody's Perfect - Bethany Hope Centre  10:00 Youth Wellness Hub for Youth - Walk-in Cornwall  11:00 Youth Wellness Hub for Youth - Walk-in Rockland  11:30 The Walk-In Counselling Clinic - Renfrew County	14  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 Youth Wellness Hub for Youth - Walk-in Embrun  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 School Based Counselling - Open Doors for Lanark Children & Youth  9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth  11:30 Supporting your family's mental health  12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa  3:00 Junior DBT Skills Family Group  4:00 Youth Drop In - Vanier Community Services Centre	15  7:00 Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre  12:00 The Walk-In Counselling Clinic - Family Services Ottawa

	<p>Family Group</p> <p>6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:30 Positive Discipline - group for parents</p>	<p>Family Services Ottawa</p> <p>12:00 The Walk-In Counselling Clinic - South East Ottawa Community Centre</p> <p>12:00 The Walk-In Counselling Clinic - Somerset West Community Centre</p> <p>12:00 Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:30 Buns in the Oven - Vanier Community Health Centre</p> <p>4:00 LGBTQ2S Support Group - Open Doors for Lanark Children &amp; Youth</p> <p>6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:00 Triple P Fearless - Valoris</p> <p>6:30 Drop in Support group for parents - PLEO (ADHD focus)</p> <p>6:30 Parenting with Confidence - Family Services Ottawa</p>	<p>support - Children's mental health of Leeds &amp; Grenville</p> <p>12:00 Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones</p> <p>12:00 The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 Neighbourhood Health and Wellness Hubs - Pinecrest Queensway Community Health Centre</p> <p>2:30 Eating Disorders Support Group</p> <p>3:00 Counselling Services - Vanier Community Service Centre</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>11:30 E-walk-in Counselling Clinic</p> <p>12:00 Crossroads - Child &amp; Family Clinic</p> <p>12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa</p> <p>12:00 SMART Recovery</p> <p>12:00 Walk-In Clinic - Youth Services Bureau</p> <p>12:00 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</p> <p>12:15 Entre Filles - Vanier Community Health Centre</p> <p>1:00 The Walk-In Counselling Clinic - Inspire Community Support Services</p> <p>1:30 The Walk-In Counselling Clinic - Nepean, Rideau &amp; Osgoode Community Resource Centre</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>4:30 Youth Drop in - Wabano Centre</p> <p>6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p>	
<p>16</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The Walk-In Counselling Clinic - Jewish Family</p>	<p>17</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p>	<p>18</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service</p>	<p>19</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p>	<p>20</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service</p>	<p>21</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p>	<p>22</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The</p>

Services		Centre		Centre			Walk-In Counselling Clinic - Family Services Ottawa
	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	9:00 Counselling Services - Vanier Community Service 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 Crossroads - Child & Family Clinic	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth	9:00 Youth Wellness Hub for Youth - Walk-in Alexandria		
	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	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 School Based Counselling - Open Doors for Lanark Children & Youth	9:00 Youth Wellness Hub for Youth - Walk-in Alexandria		
	9:00 School Based Counselling - 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 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 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 Brief Counselling Services - Open Doors for Lanark Children & Youth		
	11:00 Walk-In Clinic - Le Cap	10:00 Baby Love - Bethany Hope Centre	9:00 Brief Counselling Services - Open Doors for Lanark Children & Youth	10:00 Nobody's Perfect - Bethany Hope Centre	9:00 School Based Counselling - Open Doors for Lanark Children & Youth		
	1:00 Youth Wellness Hub for Youth - Walk-in Rockland	10:00 Youth Wellness Hub for Youth - Walk-in Rockland	9:00 School Based Counselling - Open Doors for Lanark Children & Youth	10:00 Youth Wellness Hub for Youth - Walk-in Cornwall	9:00 Talk-In Single Sessions - Open Doors for Lanark Children & Youth		
	3:00 DBT Skills Family Group	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		
	4:00 Youth Wellness Hub for parents and care givers - Walk-in Rockland	12:00 Walk-In Clinic - Youth Services Bureau	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 Queensway Community Health Centre	12:00 The Walk-In Counselling Clinic - Family Services Ottawa	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		
	6:30 Positive Discipline - group for parents	12:00 The Walk-In Counselling Clinic - Somerset West Community Centre	12:00 Neighbourhood Health and Wellness Hubs - ACB Wellness Centre	12:00 Crossroads - Child & Family Clinic	4:00 Youth Drop In - Vanier Community Services Centre		
		12:00 The Walk-In Counselling Clinic - South East Ottawa Community Centre		12:00 The Walk-In Counselling Clinic - CFS/SFC Ottawa	4:30 Youth Drop in - Wabano Centre		
				12:00 Walk-In Clinic - Youth Services	6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway		

		<p>12:00 Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 Drop In Support - Open Doors for Lanark Children &amp; Youth</p> <p>1:30 Buns in the Oven - Vanier Community Health Centre</p> <p>6:00 Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</p> <p>6:00 Triple P Fearless - Valoris</p> <p>6:30 Parenting with Confidence - Family Services Ottawa</p>	<p>12:00 The Walk-In Counselling Clinic - Centretown Community Health Centre</p> <p>12:00 The Walk-In Counselling Clinic - Jewish Family Services</p> <p>12:00 Youth Wellness Hub for Youth - Walk-in Cornwall</p> <p>1:00 The Walk-In Counselling Clinic - North Renfrew Family Services</p> <p>1:00 Support Groups - Open Doors for Lanark Children &amp; Youth</p> <p>1:00 Neighbourhood Health and Wellness Hubs - Heatherington</p> <p>1:00 Neighbourhood Health and Wellness Hubs - St. Laurent Overbrook</p> <p>2:30 Eating Disorders Support Group</p> <p>3:00 Counselling Services - Vanier Community Service Centre</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>Bureau</p> <p>12:00 SMART Recovery</p> <p>12:00 Neighbourhood Health and Wellness Hubs - Caldwell</p> <p>12:00 The Walk-In Counselling Clinic - Renfrew County Collective (Arnprior Health Team)</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 &amp; Osgoode Community Resource Centre</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>	Community Health Centre	
<p>23</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The Walk-In Counselling Clinic - Jewish Family Services</p>	<p>24</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 Support Groups - Open Doors for Lanark</p>	<p>25</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Talk-In Single Sessions - Open Doors for Lanark</p>	<p>26</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 Crossroads - Child &amp; Family Clinic</p>	<p>27</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Early Learning and Parenting Workshops -</p>	<p>28</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>9:00 Counselling Services - Vanier Community Service Centre</p> <p>9:00 Franc Succès - Vanier Community Services Centre</p> <p>9:00 Youth Wellness Hub for Youth - Walk-in Embrun</p>	<p>29</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The Walk-In Counselling Clinic - Family Services Ottawa</p>

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

		<p>6:30 Drop in Support group for parents - PLEO (ADHD focus)</p> <p>6:30 Parenting with Confidence - Family Services Ottawa</p> <p>6:30 Coping with Grief - ages 8 to 12</p> <p>6:30 Coping with Grief - ages 13 to 16</p>	<p>Hubs - Pinecrest Queensway Community Health Centre</p> <p>2:30 Eating Disorders Support Group</p> <p>3:00 Counselling Services - Vanier Community Service Centre</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 Drop in Support group for parents - PLEO</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>30</p> <p>7:00 Creating Opportunities &amp; Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</p> <p>12:00 The Walk-In Counselling Clinic - Jewish Family Services</p>						