

Monday, April 1, 2024

Beyond the Baby Blues

Date and Time: Monday, April 1 10:00 am - 12:00 pm

Address: Parent Resource Centre, 300 Goulburn Avenue, Ottawa, ON, K1N 1C9

No group on February 19, March 11 or April 1. Are you experiencing post partum distress, depression and/or anxious moods during pregnancy, after birth or adoption of your baby? In this 8 week group, you will learn and practice tools for coping with post partum depression and/or anxiety, stress and emotions. Develop skills to relax and increase positive thoughts while decreasing negative thoughts. Develop skills to think less about the past and feel less anxious about the future. *Participation is by self-referral. Onsite childcare is available.*

Therapeutic Groups for children and youth

Date and Time: Monday, April 1 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Monday, April 1 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Monday, April 1 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Youth Net - Pens and Paints

Date and Time: Monday, April 1 6:00 pm - 8:00 pm

Address: 2305 St. Laurent Blvd, unit 300 B

Learn new ways to cope with stress and express yourself through art: painting, drawing, sculpture, poetry and more. Free program for youth 13 to 20 years of age.

Parenting your anxious child

Date and Time: Monday, April 1 6:30 pm - 8:30 pm

Address: zoom

\$135.00

We all experience some level of anxiety but as a parent it can be hard to figure how to support our children through their anxiety.

This three week course is for parents of children ages 4-14 years old. With the guidance and knowledge of a qualified parent educator, come and meet with other parents to understand anxiety and discover child friendly strategies to reduce anxiety and support you and your child with ways to cope.

Tuesday, April 2, 2024

Therapeutic Groups for children and youth

Date and Time: Tuesday, April 2 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Tuesday, April 2 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Tuesday, April 2 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Parenting with confidence

Date and Time: Tuesday, April 2 6:30 pm - 8:30 pm

Address: zoom

For clients of the Children's Aid Society. \$0.00.

This course explores the challenges and opportunities of parenting children who are between the ages of 6 and 16 years old. The workshops are highly interactive and the participants will have an opportunity to learn specific techniques while being given a chance to practice them in a supportive way.

This 10 week group is for families who are involved with Children's Aid Society of Ottawa. This group is for parents who are now caring for their children or who are expecting to be caring for their child in the near future.

Topics include: stress management, child development, effective discipline, health and safety, managing anger, successful communication, impact of abuse on children, problem solving, and building self-esteem.

PFLAG Canada - Peer Support Meetings

Date and Time: Tuesday, April 2 6:30 pm - 7:30 pm

Address: 464 Isabella Street, Room 203 (use Munro Street entrance)

Peer support for 2SLGBTQ+. Pembroke - First tuesday of the month from 6:30 to 7:30 PM. Zoom option available.

Just for dad's

Date and Time: Tuesday, April 2 6:30 pm - 8:30 pm

Address: zoom

\$0.00 for CAS clients / \$175.00 for non-CAS client

Fathers matter. Children with involved fathers are more likely to do better in school, handle stress better and get along better with others. This group offers dads a safe space to learn from one another and get parenting information.

Wednesday, April 3, 2024

Child & Family Clinic

Date and Time: Wednesday, April 3 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

Beyond the Baby Blues - 2SLGBTQIA+Families

Date and Time: Wednesday, April 3 9:30 am - 11:30 am

Address: zoom

Free group. 7 weeks online group aims to support parents by providing a space to connect about perinatal mental health, parenting anxiety and the changes that come with being a parent. This group is specific to families identifying as 2SLGBTQIA+ in order to provide a space that addresses the unique challenges Queer and/or Trans parents face. This group is open to all forms of parenting and family formations. **Participation is by self-referral. Registration or inquiries:**

parenting@familyservicesottawa.org

kmontague@familyservicesottawa.org

Therapeutic Groups for children and youth

Date and Time: Wednesday, April 3 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Wednesday, April 3 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Wednesday, April 3 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Thursday, April 4, 2024

Project Art

Date and Time: Thursday, April 4 10:00 am - 12:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

Creativity and art workshop for 12 weeks. This workshop is free and supplies are provided. For people living with mental health challenges who do not want to be defined by them.

Child & Family Clinic

Date and Time: Thursday, April 4 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, April 4 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

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

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

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, April 4 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

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

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

Therapeutic Groups for children and youth

Date and Time: Thursday, April 4 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Thursday, April 4 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Thursday, April 4 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Social Skills Group for kids (9 to 11 years)

Date and Time: Thursday, April 4 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

An 8-week (1.5 hours each session) social skills group for kids aged 9 to 11 and their parents/guardians focused on helping young people to break down barriers in making friends and socializing.

Social skills groups for kids (age 9 to 11)

Date and Time: Thursday, April 4 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

\$500.00 per child for the 8 sessions. No group on March 14, 2024

An 8-week (1.5 hours each session) social skills group for kids and their parents/guardians focused on helping young people to break down barriers in making friends and socializing. In addition to these important skills, the group provides parents/guardians with a unique opportunity to connect with their children, learn about their thoughts and feelings, and support their growth and development.

To participate we request parents/guardians to complete a 30-minute screening interview to determine if this group is a good fit for their child, commit to attend all 8 sessions and join each session for the last 20 minutes.

Connecting with your teens

Date and Time: Thursday, April 4 6:30 pm - 8:30 pm

Address: zoom

This two-hour workshop offers an informative and interactive exploration of the challenges and opportunities parents with teenagers face. Come and meet with other parents to discover new strategies for making parenting teens more effective, less stressful and more rewarding – for everyone.

\$40.00

Friday, April 5, 2024

Virtual groups for parents

Date and Time: Friday, April 5 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Therapeutic Groups for children and youth

Date and Time: Friday, April 5 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Friday, April 5 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Sunday, April 7, 2024

Social Club

Date and Time: Sunday, April 7 10:00 am - 11:30 am

Address: 1350 Wellington Street West, Ottawa, ON

A place to connect, relate, and learn with peers. If you identify as Autistic, Neurodivergent, as having ADHD, or other, this is for you (no diagnosis required).

**Sundays from April 7 to May 5, 2024. MORNING SESSION (10:00 AM to 11:30 AM for ages 11 to 13).
AFTERNOON SESSION (1:00 PM to 2:30 PM for ages 14 to 16).**

\$425.00

Monday, April 8, 2024

Beyond the Baby Blues

Date and Time: Monday, April 8 10:00 am - 12:00 pm

Address: Parent Resource Centre, 300 Goulburn Avenue, Ottawa, ON, K1N 1C9

No group on February 19, March 11 or April 1. Are you experiencing post partum distress, depression and/or anxious moods during pregnancy, after birth or adoption of your baby? In this 8 week group, you will learn and practice tools for coping with post partum depression and/or anxiety, stress and emotions. Develop skills to relax and increase positive thoughts while decreasing negative thoughts. Develop skills to think less about the past and feel less anxious about the future. *Participation is by self-referral. Onsite childcare is available.*

Therapeutic Groups for children and youth

Date and Time: Monday, April 8 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Monday, April 8 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Monday, April 8 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Youth Net - Pens and Paints

Date and Time: Monday, April 8 6:00 pm - 8:00 pm

Address: 2305 St. Laurent Blvd, unit 300 B

Learn new ways to cope with stress and express yourself through art: painting, drawing, sculpture, poetry and more. Free program for youth 13 to 20 years of age.

Parenting your anxious child

Date and Time: Monday, April 8 6:30 pm - 8:30 pm

Address: zoom

\$135.00

We all experience some level of anxiety but as a parent it can be hard to figure how to support our children through their anxiety.

This three week course is for parents of children ages 4-14 years old. With the guidance and knowledge of a qualified parent educator, come and meet with other parents to understand anxiety and discover child friendly strategies to reduce anxiety and support you and your child with ways to cope.

Tuesday, April 9, 2024

Therapeutic Groups for children and youth

Date and Time: Tuesday, April 9 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Tuesday, April 9 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Tuesday, April 9 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Parenting with confidence

Date and Time: Tuesday, April 9 6:30 pm - 8:30 pm

Address: zoom

For clients of the Children's Aid Society. \$0.00.

This course explores the challenges and opportunities of parenting children who are between the ages of 6 and 16 years old. The workshops are highly interactive and the participants will have an opportunity to learn specific techniques while being given a chance to practice them in a supportive way.

This 10 week group is for families who are involved with Children's Aid Society of Ottawa. This group is for parents who are now caring for their children or who are expecting to be caring for their child in the near future

Topics include: stress management, child development, effective discipline, health and safety, managing anger, successful communication, impact of abuse on children, problem solving, and building self-esteem.

Just for dad's

Date and Time: Tuesday, April 9 6:30 pm - 8:30 pm

Address: zoom

\$0.00 for CAS clients / \$175.00 for non-CAS client

Fathers matter. Children with involved fathers are more likely to do better in school, handle stress better and get along better with others. This group offers dads a safe space to learn from one another and get parenting information.

Wednesday, April 10, 2024

Child & Family Clinic

Date and Time: Wednesday, April 10 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

Beyond the Baby Blues - 2SLGBTQIA+Families

Date and Time: Wednesday, April 10 9:30 am - 11:30 am

Address: zoom

Free group. 7 weeks online group aims to support parents by providing a space to connect about perinatal mental health, parenting anxiety and the changes that come with being a parent. This group is specific to families identifying as 2SLGBTQIA+ in order to provide a space that addresses the unique challenges Queer and/or Trans parents face. This group is open to all forms of parenting and family formations. **Participation is by self-referral. Registration or inquiries:**

parenting@familyservicesottawa.org

Therapeutic Groups for children and youth

Date and Time: Wednesday, April 10 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Wednesday, April 10 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Wednesday, April 10 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Thursday, April 11, 2024

Project Art

Date and Time: Thursday, April 11 10:00 am - 12:00 pm

Address: 312 Parkdale Avenue - Family Services Ottawa

Creativity and art workshop for 12 weeks. This workshop is free and supplies are provided. For people living with mental health challenges who do not want to be defined by them.

Child & Family Clinic

Date and Time: Thursday, April 11 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, April 11 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

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

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

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, April 11 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

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

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

Therapeutic Groups for children and youth

Date and Time: Thursday, April 11 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense

emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Thursday, April 11 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Thursday, April 11 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Social Skills Group for kids (9 to 11 years)

Date and Time: Thursday, April 11 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

An 8-week (1.5 hours each session) social skills group for kids aged 9 to 11 and their parents/guardians focused on helping young people to break down barriers in making friends and socializing.

Social skills groups for kids (age 9 to 11)

Date and Time: Thursday, April 11 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

\$500.00 per child for the 8 sessions. No group on March 14, 2024

An 8-week (1.5 hours each session) social skills group for kids and their parents/guardians focused on helping young people to break down barriers in making friends and socializing. In addition to these important skills, the group provides parents/guardians with a unique opportunity to connect with their children, learn about their thoughts and feelings, and support their growth and development.

To participate we request parents/guardians to complete a 30-minute screening interview to determine if this group is a good fit for their child, commit to attend all 8 sessions and join each session for the last 20

minutes.

Friday, April 12, 2024

Therapeutic Groups for children and youth

Date and Time: Friday, April 12 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Friday, April 12 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Friday, April 12 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Sunday, April 14, 2024

Social Club

Date and Time: Sunday, April 14 10:00 am - 11:30 am

Address: 1350 Wellington Street West, Ottawa, ON

A place to connect, relate, and learn with peers. If you identify as Autistic, Neurodivergent, as having ADHD, or other, this is for you (no diagnosis required).

**Sundays from April 7 to May 5, 2024. MORNING SESSION (10:00 AM to 11:30 AM for ages 11 to 13).
AFTERNOON SESSION (1:00 PM to 2:30 PM for ages 14 to 16).**

\$425.00

Monday, April 15, 2024

Beyond the Baby Blues

Date and Time: Monday, April 15 10:00 am - 12:00 pm

Address: Parent Resource Centre, 300 Goulburn Avenue, Ottawa, ON, K1N 1C9

No group on February 19, March 11 or April 1. Are you experiencing post partum distress, depression and/or anxious moods during pregnancy, after birth or adoption of your baby? In this 8 week group, you will learn and practice tools for coping with post partum depression and/or anxiety, stress and emotions. Develop skills to relax and increase positive thoughts while decreasing negative thoughts. Develop skills to think less about the past and feel less anxious about the future. *Participation is by self-referral. Onsite childcare is available.*

Therapeutic Groups for children and youth

Date and Time: Monday, April 15 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Monday, April 15 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Monday, April 15 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Parenting your anxious child

Date and Time: Monday, April 15 6:30 pm - 8:30 pm

Address: zoom

\$135.00

We all experience some level of anxiety but as a parent it can be hard to figure how to support our children through their anxiety.

This three week course is for parents of children ages 4-14 years old. With the guidance and knowledge of a qualified parent educator, come and meet with other parents to understand anxiety and discover child friendly strategies to reduce anxiety and support you and your child with ways to cope.

Tuesday, April 16, 2024

Therapeutic Groups for children and youth

Date and Time: Tuesday, April 16 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Tuesday, April 16 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Tuesday, April 16 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Parenting with confidence

Date and Time: Tuesday, April 16 6:30 pm - 8:30 pm

Address: zoom

For clients of the Children's Aid Society. \$0.00.

This course explores the challenges and opportunities of parenting children who are between the ages of 6 and 16 years old. The workshops are highly interactive and the participants will have an opportunity to learn specific techniques while being given a chance to practice them in a supportive way.

This 10 week group is for families who are involved with Children's Aid Society of Ottawa. This group is for parents who are now caring for their children or who are expecting to be caring for their child in the near future.

Topics include: stress management, child development, effective discipline, health and safety, managing anger, successful communication, impact of abuse on children, problem solving, and building self-esteem.

Just for dad's

Date and Time: Tuesday, April 16 6:30 pm - 8:30 pm

Address: zoom

\$0.00 for CAS clients / \$175.00 for non-CAS client

Fathers matter. Children with involved fathers are more likely to do better in school, handle stress better and get along better with others. This group offers dads a safe space to learn from one another and get parenting information.

Wednesday, April 17, 2024

Child & Family Clinic

Date and Time: Wednesday, April 17 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

Beyond the Baby Blues - 2SLGBTQIA+Families

Date and Time: Wednesday, April 17 9:30 am - 11:30 am

Address: zoom

Free group. 7 weeks online group aims to support parents by providing a space to connect about perinatal mental health, parenting anxiety and the changes that come with being a parent. This group is specific to families identifying as 2SLGBTQIA+ in order to provide a space that addresses the unique challenges Queer and/or Trans parents face. This group is open to all forms of parenting and family formations. **Participation is by self-referral. Registration or inquiries:**

parenting@familyservicesottawa.org

kmontague@familyservicesottawa.org

Therapeutic Groups for children and youth

Date and Time: Wednesday, April 17 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Wednesday, April 17 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Wednesday, April 17 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Circle of Security

Date and Time: Wednesday, April 17 6:00 pm - 7:30 pm

Address: 1815 Alta Vista Drive, Ottawa

Parenting can be a journey filled with twists and turns, especially when it comes to understanding and meeting our children's emotional needs. That's why we're here to introduce you to a reliable approach backed by years of research.

The Circle of Security Group is built on the concept of attachment, recognizing that strong emotional connections between caregivers and children are crucial for healthy development. Studies show that these early relationships can significantly impact a child's future well-being.

But our focus isn't just on the children; it's on you too. We provide practical tools and guidance to help caregivers navigate common challenges like anxiety, emotion regulation difficulties, and behavioral issues.

Join us as we journey together towards creating secure, nurturing environments where both you and your child can flourish.

for caregivers of children up to 7 years of age (2 caregivers are welcome to attend from each family). \$200.00 per family per week. A virtual follow-up session for each family is included in the cost.

Thursday, April 18, 2024

Child & Family Clinic

Date and Time: Thursday, April 18 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, April 18 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

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

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

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, April 18 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

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

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

Therapeutic Groups for children and youth

Date and Time: Thursday, April 18 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Thursday, April 18 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Thursday, April 18 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Social Skills Group for kids (9 to 11 years)

Date and Time: Thursday, April 18 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

An 8-week (1.5 hours each session) social skills group for kids aged 9 to 11 and their parents/guardians focused on helping young people to break down barriers in making friends and socializing.

Friday, April 19, 2024

Therapeutic Groups for children and youth

Date and Time: Friday, April 19 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Friday, April 19 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Friday, April 19 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Sunday, April 21, 2024

Social Club

Date and Time: Sunday, April 21 10:00 am - 11:30 am

Address: 1350 Wellington Street West, Ottawa, ON

A place to connect, relate, and learn with peers. If you identify as Autistic, Neurodivergent, as having ADHD, or other, this is for you (no diagnosis required).

Sundays from April 7 to May 5, 2024. MORNING SESSION (10:00 AM to 11:30 AM for ages 11 to 13). AFTERNOON SESSION (1:00 PM to 2:30 PM for ages 14 to 16).

\$425.00

Monday, April 22, 2024

Therapeutic Groups for children and youth

Date and Time: Monday, April 22 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail age

ncy for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Monday, April 22 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Monday, April 22 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Tuesday, April 23, 2024

Virtual groups for parents

Date and Time: Tuesday, April 23 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Therapeutic Groups for children and youth

Date and Time: Tuesday, April 23 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Tuesday, April 23 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Parenting with confidence

Date and Time: Tuesday, April 23 6:30 pm - 8:30 pm

Address: zoom

For clients of the Children's Aid Society. \$0.00.

This course explores the challenges and opportunities of parenting children who are between the ages of 6 and 16 years old. The workshops are highly interactive and the participants will have an opportunity to learn specific techniques while being given a chance to practice them in a supportive way.

This 10 week group is for families who are involved with Children's Aid Society of Ottawa. This group is for parents who are now caring for their children or who are expecting to be caring for their child in the near future.

Topics include: stress management, child development, effective discipline, health and safety, managing anger, successful communication, impact of abuse on children, problem solving, and building self-esteem.

Wednesday, April 24, 2024

Child & Family Clinic

Date and Time: Wednesday, April 24 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

Beyond the Baby Blues - 2SLGBTQIA+Families

Date and Time: Wednesday, April 24 9:30 am - 11:30 am

Address: zoom

Free group. 7 weeks online group aims to support parents by providing a space to connect about perinatal mental health, parenting anxiety and the changes that come with being a parent. This group is specific to families identifying as 2SLGBTQIA+ in order to provide a space that addresses the unique challenges Queer and/or Trans parents face. This group is open to all forms of parenting and family formations. **Participation is by self-referral. Registration or inquiries:**

parenting@familyservicesottawa.org

kmontague@familyservicesottawa.org

Therapeutic Groups for children and youth

Date and Time: Wednesday, April 24 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Wednesday, April 24 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens

with anxiety

- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Wednesday, April 24 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Circle of Security

Date and Time: Wednesday, April 24 6:00 pm - 7:30 pm

Address: 1815 Alta Vista Drive, Ottawa

Parenting can be a journey filled with twists and turns, especially when it comes to understanding and meeting our children's emotional needs. That's why we're here to introduce you to a reliable approach backed by years of research.

The Circle of Security Group is built on the concept of attachment, recognizing that strong emotional connections between caregivers and children are crucial for healthy development. Studies show that these early relationships can significantly impact a child's future well-being.

But our focus isn't just on the children; it's on you too. We provide practical tools and guidance to help caregivers navigate common challenges like anxiety, emotion regulation difficulties, and behavioral issues.

Join us as we journey together towards creating secure, nurturing environments where both you and your child can flourish.

for caregivers of children up to 7 years of age (2 caregivers are welcome to attend from each family). \$200.00 per family per week. A virtual follow-up session for each family is included in the cost.

PFLAG Canada - Peer Support Meetings

Date and Time: Wednesday, April 24 7:00 pm - 8:00 pm

Address: Connections Centre - 161 Raglan Street South, Renfrew

Peer support for 2SLGBTQ+. Renfrew - 4th Wednesday of the month from 7:00 to 8:00 pm. Zoom option available.

Thursday, April 25, 2024

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, April 25 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

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

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

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, April 25 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

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

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

Child & Family Clinic

Date and Time: Thursday, April 25 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

Therapeutic Groups for children and youth

Date and Time: Thursday, April 25 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Thursday, April 25 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Thursday, April 25 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Social Skills Group for kids (9 to 11 years)

Date and Time: Thursday, April 25 5:30 pm - 7:00 pm

Address: Jewish Family Services - 2255 Carling Avenue, Ottawa, 3rd floor

An 8-week (1.5 hours each session) social skills group for kids aged 9 to 11 and their parents/guardians focused on helping young people to break down barriers in making friends and socializing.

Friday, April 26, 2024

Therapeutic Groups for children and youth

Date and Time: Friday, April 26 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Friday, April 26 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Friday, April 26 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Saturday, April 27, 2024

Prepared and Positive - Information Forum for parents of children and youth

Date and Time: Saturday, April 27 8:30 am - 1:00 pm

Address: Saint Paul University - 223 Main Street (Hazel Street entrance)

How do I recognize mental health issues in MY child or teen? What can I do? Who can help ME?

Sunday, April 28, 2024

Social Club

Date and Time: Sunday, April 28 10:00 am - 11:30 am

Address: 1350 Wellington Street West, Ottawa, ON

A place to connect, relate, and learn with peers. If you identify as Autistic, Neurodivergent, as having ADHD, or other, this is for you (no diagnosis required).

**Sundays from April 7 to May 5, 2024. MORNING SESSION (10:00 AM to 11:30 AM for ages 11 to 13).
AFTERNOON SESSION (1:00 PM to 2:30 PM for ages 14 to 16).**

\$425.00

Monday, April 29, 2024

Therapeutic Groups for children and youth

Date and Time: Monday, April 29 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Virtual groups for parents

Date and Time: Monday, April 29 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Monday, April 29 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Tuesday, April 30, 2024

Virtual groups for parents

Date and Time: Tuesday, April 30 3:00 pm - 8:00 pm

Address: virtual

Virtual groups for parents (Spring/summer 2024). This group is NOT free. Please e-mail agency for additional details.

- Supportive parenting for anxious childhood emotions (S.P.A.C.E.) group for parents of children and teens with anxiety
- Correction through connection group for parents of children and teens with intense emotions

Therapeutic Groups for children and youth

Date and Time: Tuesday, April 30 3:00 pm - 8:00 pm

Address: virtual

Virtual groups in spring/summer 2024 for children and youth. This group is NOT free. Please e-mail agency for additional details.

- Don't Flip your lid! Emotional regulation group (grades 4 to 6)
- Anxiety group for teens (grades 9 to 12)
- DBT Skills family group (teen participates with caregiver(s)) for teens with depression, anxiety, intense emotions, impulsive behaviors, family and peer conflict (grades 9 to 12)

Cool Kids - grades 3 to 5 and 6 to 8

Date and Time: Tuesday, April 30 4:00 pm - 6:00 pm

Address: 1815 Alta Vista Drive, Ottawa

In person groups: Cool Kids (spring/summer 2024). Two groups offered...one for grades 3 to 5 and one for grades 6 to 8. See website for additional details.

This group is NOT free. Please e-mail agency for additional details.

Pens and paints at youth net (English)

Date and Time: Tuesday, April 30 6:00 pm - 8:00 pm

Address: 2305 St. Laurent Blvd., Suite 300B (Ottawa)

runs for 8 weeks

Parenting with confidence

Date and Time: Tuesday, April 30 6:30 pm - 8:30 pm

Address: zoom

For clients of the Children's Aid Society. \$0.00.

This course explores the challenges and opportunities of parenting children who are between the ages of 6 and 16 years old. The workshops are highly interactive and the participants will have an opportunity to learn specific techniques while being given a chance to practice them in a supportive way.

This 10 week group is for families who are involved with Children's Aid Society of Ottawa. This group is for parents who are now caring for their children or who are expecting to be caring for their child in the near future .

Topics include: stress management, child development, effective discipline, health and safety, managing anger, successful communication, impact of abuse on children, problem solving, and building self-esteem.

<https://calendar.kidscomefirst.ca>