

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm
<u>The Walk-In Counselling Clinic - Jewish Family Services</u> 12:00 pm - 5:00 pm	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm <u>School Based Counselling - Open Doors for Lanark</u>	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm <u>School Based Counselling - Open Doors for Lanark</u>	<u>Crossroads - Child & Family Clinic</u> 9:00 am - 12:00 pm <u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm <u>Brief Counselling Services - Open Doors for Lanark</u>	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Youth Wellness Hub for Youth - Walk-in Alexandria</u> 9:00 am - 4:00 pm <u>Youth Wellness Hub for Youth - Walk-in Alexandria</u> 9:00 am -	<u>The Walk-In Counselling Clinic - Family Services Ottawa</u> 12:00 pm - 5:00 pm <u>Around The Rainbow Art & Play Drop In Group - Family Services Ottawa</u> 1:00 pm - 4:00 pm

<u>Children & Youth</u> 9:00 am - 3:00 pm	<u>Children & Youth</u> 9:00 am - 3:00 pm	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Children & Youth</u> 9:00 am - 3:00 pm	4:00 pm
<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm
<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Youth Wellness Hub for Youth - Walk-in Hawkesbury</u> 9:00 am - 3:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm
<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm
<u>Walk-In Clinic - Le Cap</u> 11:00 am - 8:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 10:00 am - 4:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Cornwall</u> 10:00 am - 4:00 pm	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm
<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 1:00 pm - 7:00 pm	<u>Baby Love - Bethany Hope Centre</u> 10:00 am - 10:00 am	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 9:00 am	<u>Nobody's Perfect - Bethany Hope Centre</u> 9:00 am - 9:00 am	<u>School Based Counselling - Open Doors for Lanark Children &</u>

<u>Youth Wellness Hub for parents and care givers - Walk-in Rockland</u> 4:00 pm - 7:00 pm	11:45 am	5:45 pm	10:00 am - 11:45 am	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 11:00 am - 7:00 pm	<u>Youth</u> 9:00 am - 3:00 pm
<u>DBT Skills Family Group (English only)</u> 5:00 pm - 6:00 pm	<u>Walk-In Clinic - Youth Services Bureau</u> 12:00 pm - 8:00 pm	<u>L'éveil des tout-petits - Vanier Community Services Centre</u> 9:30 am - 11:30 am	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 11:00 am - 7:00 pm	<u>The Walk-In Counselling Clinic - Renfrew County</u> 11:30 am - 6:00 pm	<u>The Walk-In Counselling Clinic - CFS/SFC Ottawa</u> 12:00 pm - 5:00 pm
<u>Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</u> 6:00 pm - 8:00 pm	<u>SMART Recovery</u> 12:00 pm - 1:30 pm	<u>Drop in support - Children's mental health of Leeds & Grenville</u> 11:00 am - 7:00 pm	<u>The Walk-In Counselling Clinic</u> 11:30 am - 6:00 pm	<u>Youth Drop In - Vanier Community Services Centre</u> 4:00 pm - 7:00 pm	<u>Youth Drop In - Vanier Community Services Centre</u> 4:00 pm - 7:00 pm
	<u>The Walk-In Counselling Clinic - Family Services Ottawa</u> 12:00 pm - 8:00 pm	<u>Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones</u> 12:00 pm - 4:00 pm	<u>E-walk-in Counselling Clinic</u> 11:30 am - 6:00 pm	<u>Youth Drop in - Wabano Centre</u> 4:30 pm - 6:30 pm	
	<u>The Walk-In Counselling Clinic - Somerset West Community Centre</u> 12:00 pm - 6:30 pm	<u>Neighbourhood Health and Wellness Hubs - ACB Wellness Centre</u> 12:00 pm - 3:00 pm	<u>Crossroads - Child & Family Clinic</u> 12:00 pm - 8:00 pm	<u>Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</u> 6:00 pm - 8:00 pm	
	<u>The Walk-In Counselling Clinic - South East Ottawa Community Centre</u> 12:00 pm - 6:30 pm	<u>The Walk-In Counselling Clinic - Centretown Community Health Centre</u> 12:00 pm - 8:00 pm	<u>The Walk-In Counselling Clinic - CFS/SFC Ottawa</u> 12:00 pm - 8:00 pm		
	<u>Youth Wellness Hub for Youth - Walk-in Cornwall</u> 12:00 pm - 8:00 pm		<u>SMART Recovery</u> 12:00 pm - 1:30 pm		

			<u>The Walk-In Counselling Clinic - Jewish Family Services</u> 12:00 pm - 8:00 pm			
8	9	10	11	12	13	14
<u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm
<u>The Walk-In Counselling Clinic - Jewish Family Services</u> 12:00 pm - 5:00 pm	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Support Groups - Open Doors for Lanark Children & Youth</u> 9:00 am - 12:00 pm <u>Talk-In Single Sessions - Open Doors for Lanark Children &</u>	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm <u>Brief Counselling Services - Open Doors for Lanark</u>	<u>Crossroads - Child & Family Clinic</u> 9:00 am - 12:00 pm <u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm <u>Youth Wellness Hub for Youth - Walk-in Embrun</u> 9:00 am - 5:00 pm	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm <u>School Based Counselling - Open Doors for</u>	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Youth Wellness Hub for Youth - Walk-in Embrun</u> 9:00 am - 4:00 pm <u>Franc Succès - Vanier Community Services Centre</u>	<u>The Walk-In Counselling Clinic - Family Services Ottawa</u> 12:00 pm - 5:00 pm

<u>Youth</u> 9:00 am - 5:00 pm	<u>Children & Youth</u> 9:00 am - 3:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Lanark Children & Youth</u> 9:00 am - 3:00 pm	9:00 am - 5:45 pm
<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Early Learning and Parenting Workshops - Pinecrest</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest</u> 9:00 am - 5:00 pm
<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm
<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm
<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:45 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm
<u>Walk-In Clinic - Le Cap</u> 11:00 am - 8:00 pm	<u>Baby Love - Bethany Hope Centre</u> 10:00 am - 4:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Walk-In Clinic - Le Cap</u> 11:00 am - 8:00 pm	<u>Walk-In Clinic - Le Cap</u> 11:00 am - 8:00 pm

<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 1:00 pm - 7:00 pm	11:45 am	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	10:00 am - 11:45 am	12:00 pm - 5:00 pm
<u>Drop In Support - Open Doors for Lanark Children & Youth</u> 1:00 pm - 8:00 pm	<u>Walk-In Clinic - Youth Services Bureau</u> 12:00 pm - 8:00 pm	<u>L'éveil des tout-petits - Vanier Community Services Centre</u> 9:30 am - 11:30 am	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 11:00 am - 7:00 pm	<u>Youth Drop In - Vanier Community Services Centre</u> 4:00 pm - 7:00 pm
<u>DBT Skills Family Group (English only)</u> 5:00 pm - 6:00 pm	<u>SMART Recovery</u> 12:00 pm - 1:30 pm	<u>Drop in support - Children's mental health of Leeds & Grenville</u> 11:00 am - 7:00 pm	<u>The Walk-In Counselling Clinic - Renfrew County</u> 11:30 am - 6:00 pm	<u>Youth Drop in - Wabano Centre</u> 4:30 pm - 6:30 pm
<u>Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</u> 6:00 pm - 8:00 pm	<u>The Walk-In Counselling Clinic - South East Ottawa Community Centre</u> 12:00 pm - 6:30 pm	<u>Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones</u> 12:00 pm - 4:00 pm	<u>E-walk-in Counselling Clinic</u> 11:30 am - 6:00 pm	<u>Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</u> 6:00 pm - 8:00 pm
	<u>The Walk-In Counselling Clinic - Somerset West Community Centre</u> 12:00 pm - 6:30 pm	<u>The Walk-In Counselling Clinic - Jewish Family Services</u> 12:00 pm - 8:00 pm	<u>Crossroads - Child & Family Clinic</u> 12:00 pm - 8:00 pm	
	<u>Youth Wellness Hub for Youth - Walk-in Cornwall</u> 12:00 pm - 8:00 pm	<u>The Walk-In Counselling</u>	<u>The Walk-In Counselling Clinic - CFS/SFC Ottawa</u> 12:00 pm - 8:00 pm	
		<u>The Walk-In Counselling</u>	<u>SMART Recovery</u> 12:00 pm - 1:30 pm	

			<u>Clinic - Centretown Community Health Centre</u> 12:00 pm - 8:00 pm			
15 <u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm <u>The Walk-In Counselling Clinic - Jewish Family Services</u> 12:00 pm - 5:00 pm	16 <u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm <u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm <u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm <u>School</u>	17 <u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm <u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm <u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	18 <u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm <u>Crossroads - Child & Family Clinic</u> 9:00 am - 12:00 pm <u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm <u>Brief Counselling Services - Open Doors</u>	19 <u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm <u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm <u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	20 <u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm <u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am <u>Youth Wellness Hub for Youth - Walk-in Alexandria</u> 9:00 am - 4:00 pm <u>Youth Wellness Hub for Youth - Walk-in Alexandria</u> 9:00 am - 4:00 pm <u>Early Learning and</u>	21 <u>Creating Opportuniti es & Resources Against the Trafficking of Humans (CORATH)</u> - Roberts <u>Smart Centre</u> 7:00 am - 7:00 pm <u>The Walk-In Counselling Clinic - Family Services Ottawa</u> 12:00 pm - 5:00 pm

<u>Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm
<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm
<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Hawkesbury</u> 9:00 am - 3:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm
<u>Walk-In Clinic - Le Cap</u> 11:00 am - 8:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 10:00 am - 4:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Cornwall</u> 10:00 am - 4:00 pm	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm
<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 1:00 pm - 7:00 pm	<u>Baby Love - Bethany Hope Centre</u> 10:00 am - 11:45 am	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Nobody's Perfect - Bethany Hope Centre</u> 10:00 am - 11:45 am	<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm
<u>Youth Wellness Hub for parents and care givers - Walk-in Rockland</u> 12:00 pm -	<u>Walk-In Clinic - Youth Services Bureau</u> 12:00 pm -	<u>L'éveil des tout-petits - Vanier Community Services Centre</u>	<u>Youth Wellness Hub for Youth - Walk-in</u>	<u>The Walk-In Counselling Clinic - CFS/SFC</u>

4:00 pm -
7:00 pm

Somali
Youth
Support
Project and
Somali
Parent
Supports -
Pinecrest
Queensway
Community
Health
Centre
6:00 pm -
8:00 pm

8:00 pm

SMART
Recovery
12:00 pm -
1:30 pm

The Walk-In
Counselling
Clinic -
Family
Services

Ottawa
12:00 pm -
8:00 pm

The Walk-In
Counselling
Clinic -
Somerset
West
Community
Centre
12:00 pm -
6:30 pm

The Walk-In
Counselling
Clinic -
South East
Ottawa
Community
Centre
12:00 pm -
6:30 pm

Youth
Wellness
Hub for
Youth -
Walk-in
Cornwall
12:00 pm -
8:00 pm

9:30 am -
11:30 am

Drop in
support -
Children's
mental
health of
Leeds &
Grenville
11:00 am -
7:00 pm

Drop in
support
group -
Équipe
psycho-
sociale pour
enfants et
adolescents
francophon
es
12:00 pm -
4:00 pm

Neighbourh
ood Health
and
Wellness
Hubs - ACB
Wellness
Centre
12:00 pm -
3:00 pm

The Walk-In
Counselling
Clinic -
Centretown
Community
Health
Centre
12:00 pm -
8:00 pm

The Walk-In
Counselling
Clinic -
Jewish
Family
Services
12:00 pm -
8:00 pm

Rockland
11:00 am -
7:00 pm

The Walk-In
Counselling
Clinic -
Renfrew
County
11:30 am -
6:00 pm

E-walk-in
Counselling
Clinic
11:30 am -
6:00 pm

Crossroads -
Child &
Family
Clinic
12:00 pm -
8:00 pm

The Walk-In
Counselling
Clinic -
CFS/SFC
Ottawa
12:00 pm -
8:00 pm

SMART
Recovery
12:00 pm -
1:30 pm

Ottawa
12:00 pm -
5:00 pm

Youth Drop
In - Vanier
Community
Services
Centre
4:00 pm -
7:00 pm

Youth Drop
in - Wabano
Centre
4:30 pm -
6:30 pm

Somali
Youth
Support
Project and
Somali
Parent
Supports -
Pinecrest
Queensway
Community
Health
Centre
6:00 pm -
8:00 pm

22	23	24	25	26	27	28
<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm
<u>The Walk-In Counselling Clinic - Jewish Family Services</u> 12:00 pm - 5:00 pm	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am	<u>Crossroads - Child & Family Clinic</u> 9:00 am - 12:00 pm	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am	<u>The Walk-In Counselling Clinic - Family Services Ottawa</u> 12:00 pm - 5:00 pm
	<u>Support Groups - Open Doors for Lanark Children & Youth</u> 9:00 am - 12:00 pm	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Embrun</u> 9:00 am - 4:00 pm	
	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Embrun</u> 9:00 am - 5:00 pm	<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	
	<u>School Based Counselling - Open Doors for</u>	<u>School Based Counselling - Open</u>	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Talk-In Single Sessions -</u>	<u>Early Learning and Parenting Workshops - Pinecrest</u>	

<u>Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest</u> 9:00 am - 5:00 pm	<u>Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>Queensway Community Health Centre</u> 9:00 am - 5:00 pm
<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest</u> 9:00 am - 5:00 pm	<u>Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest</u> 9:00 am - 5:00 pm	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm
<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Youth Wellness Hub for Youth - Walk-in Hawkesbury</u> 9:00 am - 3:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm
<u>Early Learning and Parenting Workshops - Pinecrest</u> 9:00 am - 5:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 10:00 am - 4:00 pm	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest</u> 9:00 am - 5:00 pm	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm
<u>Walk-In Clinic - Le Cap</u> 11:00 am - 8:00 pm	<u>Baby Love - Bethany Hope Centre</u> 10:00 am - 11:45 am	<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Walk-In Clinic - Le Cap</u> 11:00 am - 8:00 pm	<u>The Walk-In Counselling Clinic - CFS/SFC Ottawa</u> 12:00 pm - 5:00 pm
<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 1:00 pm - 7:00 pm	<u>Walk-In Clinic - Youth Services Bureau</u> 12:00 pm - 8:00 pm	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am -	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 1:00 pm - 7:00 pm	<u>Youth Drop In - Vanier Community Services Centre</u> 4:00 pm -

	<p><u>Drop In Support - Open Doors for Lanark Children & Youth</u> 1:00 pm - 8:00 pm</p> <p><u>Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</u> 6:00 pm - 8:00 pm</p>	<p><u>SMART Recovery</u> 12:00 pm - 1:30 pm</p> <p><u>The Walk-In Counselling Clinic - Family Services</u> <u>Ottawa</u> 12:00 pm - 8:00 pm</p> <p><u>The Walk-In Counselling Clinic - South East Ottawa Community Centre</u> 12:00 pm - 6:30 pm</p> <p><u>The Walk-In Counselling Clinic - Somerset West Community Centre</u> 12:00 pm - 6:30 pm</p> <p><u>Youth Wellness Hub for Youth - Walk-in Cornwall</u> 12:00 pm - 8:00 pm</p>	<p>3:00 pm</p> <p><u>L'éveil des tout-petits - Vanier Community Services Centre</u> 9:30 am - 11:30 am</p> <p><u>Drop in support - Children's mental health of Leeds & Grenville</u> 11:00 am - 7:00 pm</p> <p><u>Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones</u> 12:00 pm - 4:00 pm</p> <p><u>The Walk-In Counselling Clinic - Jewish Family Services</u> 12:00 pm - 8:00 pm</p> <p><u>The Walk-In Counselling Clinic - Centretown Community Health Centre</u> 12:00 pm - 8:00 pm</p>	<p>11:00 am - 7:00 pm</p> <p><u>The Walk-In Counselling Clinic - Renfrew County</u> 11:30 am - 6:00 pm</p> <p><u>E-walk-in Counselling Clinic</u> 11:30 am - 6:00 pm</p> <p><u>Crossroads - Child & Family Clinic</u> 12:00 pm - 8:00 pm</p> <p><u>The Walk-In Counselling Clinic - CFS/SFC Ottawa</u> 12:00 pm - 8:00 pm</p> <p><u>SMART Recovery</u> 12:00 pm - 1:30 pm</p>	<p>7:00 pm</p> <p><u>Youth Drop in - Wabano Centre</u> 4:30 pm - 6:30 pm</p> <p><u>Somali Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</u> 6:00 pm - 8:00 pm</p>	
29	30	31	1	2	3	4

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre
7:00 am - 7:00 pm

The Walk-In Counselling Clinic - Jewish Family Services
12:00 pm - 5:00 pm

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre
7:00 am - 7:00 pm

Counselling Services - Vanier Community Service Centre
9:00 am - 11:30 am

Talk-In Single Sessions - Open Doors for Lanark Children & Youth
9:00 am - 5:00 pm

Brief Counselling Services - Open Doors for Lanark Children & Youth
9:00 am - 3:00 pm

School Based Counselling - Open Doors for Lanark Children & Youth
9:00 am - 3:00 pm

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre
7:00 am - 7:00 pm

Counselling Services - Vanier Community Service Centre
9:00 am - 11:30 am

School Based Counselling - Open Doors for Lanark Children & Youth
9:00 am - 3:00 pm

Brief Counselling Services - Open Doors for Lanark Children & Youth
9:00 am - 3:00 pm

Talk-In Single Sessions - Open Doors for Lanark Children & Youth
9:00 am - 5:00 pm

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre
9:00 am - 5:00 pm

Franc Succès - Vanier Community Services Centre
9:00 am - 5:45 pm

Walk-In Clinic - Le Cap
11:00 am - 8:00 pm

Youth Wellness Hub for Youth - Walk-in Rockland
1:00 pm - 7:00 pm

Youth Wellness Hub for parents and care givers - Walk-in Rockland
4:00 pm - 7:00 pm

Somali Youth Support

Franc Succès - Vanier Community Services Centre
9:00 am - 5:45 pm

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre
9:00 am - 5:00 pm

Youth Wellness Hub for Youth - Walk-in Rockland
10:00 am - 4:00 pm

Baby Love - Bethany Hope Centre
10:00 am - 11:45 am

Walk-In Clinic - Youth Services Bureau
12:00 pm - 8:00 pm

SMART Recovery
12:00 pm - 1:30 pm

Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre
6:00 pm - 8:00 pm

Around the Rainbow - Transcend Youth Group - Family Services Ottawa
6:00 pm - 8:00 pm

The Walk-In Counselling Clinic - Family Services Ottawa
12:00 pm - 8:00 pm

The Walk-In Counselling Clinic - Somerset West Community Centre
12:00 pm - 6:30 pm

The Walk-In Counselling Clinic - South East Ottawa Community Centre
12:00 pm - 6:30 pm

Youth Wellness Hub for Youth - Walk-in Cornwall
12:00 pm - 8:00 pm