

Sunday, October 1, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Sunday, October 1 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

The Walk-In Counselling Clinic - Jewish Family Services

Date and Time: Sunday, October 1 12:00 pm - 5:00 pm

Address: 301-2255 Carling Avenue, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Sundays from 12:00 to 5:00 (last session is at 3:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 28th, which will be open for regular hours.

Monday, October 2, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Monday, October 2 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Monday, October 2 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 2 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 2 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

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Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 2 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Monday, October 2 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Monday, October 2 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Walk-In Clinic - Le Cap

Date and Time: Monday, October 2 11:00 am - 8:00 pm

Address: 150 Montreal Road, Suite 300, Ottawa

French Walk-in counselling services.

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Monday, October 2 01:00 pm - 7:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Youth Wellness Hub for parents and care givers - Walk-in Rockland

Date and Time: Monday, October 2 04:00 pm - 7:00 pm

Address: 1517 Laurier Street, Rockland

Parent/caregiver walk-in service available for parents or caregivers of youth between 12 and 25 years old. Parents/caregivers can meet with a Hub Counsellor or a peer support worker from PLEO. English and French.

DBT Skills Family Group (English only)

Date and Time: Monday, October 2 05:00 pm - 6:00 pm

Address: zoom

\$125 per session. Teens in grade 9 to 12. This 12-week group is for adolescents in grades 9-12 who struggle with depression, anxiety, intense emotions, poor coping skills, impulsive behaviours, self-injurious behaviours and/or family and peer conflict, and their caregivers. Adolescents and their caregivers learn evidence-based skills together. Through weekly 90-minute virtual sessions, teens and their caregivers will learn core DBT skills to help them cope with intense emotions, tolerate stress in healthier ways, and be more effective in their interactions with family, friends, and teachers.

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

Date and Time: Monday, October 2 06:00 pm - 8:00 pm

Address: 1365 Richmond Road, Ottawa

Weekly drop-in groups for youth (ages 13-18) to explore their culture, meet new friends, craft, cook and have fun as a group.

Youth Leadership and Advocacy Group (ages 13-21) that focuses on youth-identified topics of interest, self-care, mental health, careers, personal development, culture and identity.

Bi-weekly parent group that focuses on various topics important to parents and advocacy around issues facing

the Somali community. Workshops are conducted in Somali and English and are facilitated by service providers and professionals.

Tuesday, October 3, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Tuesday, October 3 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Tuesday, October 3 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 3 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 3 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 3 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

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Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Franc Succès - Vanier Community Services Centre

Date and Time: Tuesday, October 3 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health

Centre

Date and Time: Tuesday, October 3 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Tuesday, October 3 10:00 am - 4:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Baby Love - Bethany Hope Centre

Date and Time: Tuesday, October 3 10:00 am - 11:45 am

Address: 820 Woodroffe Avenue, Ottawa

Parenting program which encourages secure attachment relationships with parents and their babies, ages 2 months to 15 months. Each week focuses on topics which range from what baby is thinking/feeling, mindfulness in parents, parents self regulation, coping with difficult feelings and more. **English.**

Walk-In Clinic - Youth Services Bureau

Date and Time: Tuesday, October 3 12:00 pm - 8:00 pm

Address: 1355 Bank Street, Ottawa

The Mental Health Walk-in Clinic provides quick and direct access to **bilingual single session** counselling services, known as Choice sessions, for youth between the ages of 12 and 20 and their families who are residents of Ottawa. Youth may choose to access the service individually and confidentially or attend the session with family members. Parents/ caregivers may also access Choice sessions for support in their role as parents for a youth aged between 12 and 20. **Last session is at 6:00 PM.**

SMART Recovery

Date and Time: Tuesday, October 3 12:00 pm - 1:30 pm

Address: <https://us06web.zoom.us/j/82895343008#success>

Self-Management and Recovery Training (SMART) is a global community of mutual support groups. At meetings, participants help one another resolve problems with any with any addiction (drugs, alcohol, gambling, and over-eating, among others). Offered in English.

If you do not have a device that uses video, you can dial-in: [613-209-3054](tel:6132093054) and enter meeting ID 828 9534 3008.

The Walk-In Counselling Clinic - Family Services Ottawa

Date and Time: Tuesday, October 3 12:00 pm - 8:00 pm

Address: 312 Parkdale Avenue, Ottawa

Quick access/single session counselling for individuals, couples and families in English. Tuesdays from 12:00 to 8:00 PM. Last session begins at 6:30 PM. In person, virtual or by phone. **For virtual appointments, call (613) 725-3601 ext. 0 to make an appointment.**

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - Somerset West Community Centre

Date and Time: Tuesday, October 3 12:00 pm - 6:30 pm

Address: 55 Eccles Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and Mandarin.** Tuesdays from 12:00 to 6:30 PM. Last session is at 5:00 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - South East Ottawa Community Centre

Date and Time: Tuesday, October 3 12:00 pm - 6:30 pm

Address: Video or phone only

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, Arabic and Spanish.** Tuesdays from 12:00 to 6:30 PM. Last session is at 5:00 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Youth Wellness Hub for Youth - Walk-in Cornwall

Date and Time: Tuesday, October 3 12:00 pm - 8:00 pm

Address: 212 Pitt Street, Cornwall

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Wednesday, October 4, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Wednesday, October 4 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Crossroads - Child & Family Clinic

Date and Time: Wednesday, October 4 09:00 am - 12:00 pm

Address: 1755 Courtwood Cres., Ottawa, ON / zoom

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 Counselling Connect. Also occurs every Wednesday from 9:00 AM to Noon and Noon to 8:00 PM on Thursdays.**

Counselling Services - Vanier Community Service Centre

Date and Time: Wednesday, October 4 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 4 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** Visit their website to book an appointment.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 4 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

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Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 4 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

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Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Youth Wellness Hub for Youth - Walk-in Hawkesbury

Date and Time: Wednesday, October 4 09:00 am - 3:00 pm

Address: 580 Spence Avenue, Hawkesbury

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Wednesday, October 4 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Wednesday, October 4 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

L'éveil des tout-petits - Vanier Community Services Centre

Date and Time: Wednesday, October 4 09:30 am - 11:30 am

Address: 270 Marier Avenue, Ottawa

French only. This weekly playgroup aims to support parents of children from 6 month to 3 years by providing information and resources on child development, attachment, and the importance of play.

Drop in support - Children's mental health of Leeds & Grenville

Date and Time: Wednesday, October 4 11:00 am - 7:00 pm

Address: 79 Schearer Street, lower level, Kemptville

Family peer supporter on site. Offered in English.

Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones

Date and Time: Wednesday, October 4 12:00 pm - 4:00 pm

Address: 610 McConnell Avenue, Cornwall

Drop in support group. Bilingual family peer support on site.

Neighbourhood Health and Wellness Hubs - ACB Wellness Centre

Date and Time: Wednesday, October 4 12:00 pm - 3:00 pm

Address: African, Caribbean and Black Wellness Resource Centre, 610 Donald Street, Ottawa

Mental Health, Addictions and Substance Use Health drop in hub. French and English. Bi-weekly on Wednesdays from 1:00 to 4:00 PM.

The Walk-In Counselling Clinic - Centretown Community Health Centre

Date and Time: Wednesday, October 4 12:00 pm - 8:00 pm

Address: Video or phone only

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Wednesdays from 12:00 to 8:00 PM. Last session is at 6:30 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - Jewish Family Services

Date and Time: Wednesday, October 4 12:00 pm - 8:00 pm

Address: 301-2255 Carling Avenue, Ottawa

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Thursday, October 5, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Thursday, October 5 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Thursday, October 5 09:00 am - 11:30 am

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Vanier residents only (K1L postal code).

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 5 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

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Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 5 09:00 am - 3:00 pm

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Franc Succès - Vanier Community Services Centre

Date and Time: Thursday, October 5 09:00 am - 5:45 pm

Address: Ottawa

French only

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Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

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Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Thursday, October 5 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

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Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Youth Wellness Hub for Youth - Walk-in Cornwall

Date and Time: Thursday, October 5 10:00 am - 4:00 pm

Address: 212 Pitt Street, Cornwall

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Nobody's Perfect - Bethany Hope Centre

Date and Time: Thursday, October 5 10:00 am - 11:45 am

Address: 820 Woodroffe Avenue, Ottawa

Parenting program for young parent families that focuses on encouraging children to behave appropriately as well as offering inspiring ideas for coping with some common childhood behaviours. English.

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Thursday, October 5 11:00 am - 7:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub. **Walk-in or make an appointment by phone or text.**

The Walk-In Counselling Clinic - Renfrew County

Date and Time: Thursday, October 5 11:30 am - 6:00 pm

Address: video or phone

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Thursdays 11:30 AM to 6:00 PM (last session is at 4:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

E-walk-in Counselling Clinic

Date and Time: Thursday, October 5 11:30 am - 6:00 pm

Address: Counselling Connect website

Every Thursday from 11:30 AM to 6:00 PM. Or you can visit [Counselling Connect](#) to book online directly.

Crossroads - Child & Family Clinic

Date and Time: Thursday, October 5 12:00 pm - 8:00 pm

Address: 1755 Courtwood Cres., Ottawa, ON / zoom

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 Counselling Connect. Also occurs every Wednesday from 9:00 AM to Noon and Noon to 8:00 PM on Thursdays.**

The Walk-In Counselling Clinic - CFS/SFC Ottawa

Date and Time: Thursday, October 5 12:00 pm - 8:00 pm

Address: 310 Olmstead Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first

served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and French.** Thursdays from 12:00 to 8:00 (last session is at 6:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 29th, which will be open for regular hours.

SMART Recovery

Date and Time: Thursday, October 5 12:00 pm - 1:30 pm

Address: <https://us06web.zoom.us/j/82895343008#success>

Self-Management and Recovery Training (SMART) is a global community of mutual support groups. At meetings, participants help one another resolve problems with any with any addiction (drugs, alcohol, gambling, and over-eating, among others). Offered in English.

If you do not have a device that uses video, you can dial-in: [613-209-3054](tel:6132093054) and enter meeting ID 828 9534 3008.

Friday, October 6, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Friday, October 6 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Friday, October 6 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Youth Wellness Hub for Youth - Walk-in Alexandria

Date and Time: Friday, October 6 09:00 am - 4:00 pm

Address: 5 Main Street, Alexandria

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.
Walk-in or make an appointment by phone or text.

Youth Wellness Hub for Youth - Walk-in Alexandria

Date and Time: Friday, October 6 09:00 am - 4:00 pm

Address: 5 Main Street, Alexandria

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.
Walk-in or make an appointment by phone or text.

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Friday, October 6 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Friday, October 6 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 6 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 6 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 6 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415
Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260
Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

The Walk-In Counselling Clinic - CFS/SFC Ottawa

Date and Time: Friday, October 6 12:00 pm - 5:00 pm

Address: 310 Olmstead Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and French.** Fridays from 12:00 to 5:00 (last session is at 3:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 29th, which will be open for regular hours.

Youth Drop In - Vanier Community Services Centre

Date and Time: Friday, October 6 04:00 pm - 7:00 pm

Address: 270 Marier Avenue, Ottawa

The Drop-In offers youth aged 13 to 17 a series of recreational and cultural activities. The primary objectives of this program are the prevention and promotion of physical and mental wellness for the youth as well as offering them a safe environment during critical hours of the day where they are most vulnerable and at risk. This program also contributes to the positive development of youth by fostering the creation of social bonds with others and by acting as an information source in the community. **Closed during summer and on holidays.**

Youth Drop in - Wabano Centre

Date and Time: Friday, October 6 04:30 pm - 6:30 pm

Address: 275 Bradley Avenue, Ottawa

Youth Drop-In welcomes all Indigenous youth ages 12+ to come together and hangout in a fun and safe space! Start your weekend in a good way by connecting with peers and participating in healthy living activities such as cooking, physical activity and sports, and get creative with hands-on activities such as art drawing, painting and music workshops. Offered in English.

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

Date and Time: Friday, October 6 06:00 pm - 8:00 pm

Address: 1365 Richmond Road, Ottawa

Weekly drop-in groups for youth (ages 13-18) to explore their culture, meet new friends, craft, cook and have

fun as a group.

Youth Leadership and Advocacy Group (ages 13-21) that focuses on youth-identified topics of interest, self-care, mental health, careers, personal development, culture and identity.

Bi-weekly parent group that focuses on various topics important to parents and advocacy around issues facing the Somali community. Workshops are conducted in Somali and English and are facilitated by service providers and professionals.

Saturday, October 7, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Saturday, October 7 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

The Walk-In Counselling Clinic - Family Services Ottawa

Date and Time: Saturday, October 7 12:00 pm - 5:00 pm

Address: 312 Parkdale Avenue, Ottawa

Quick access/single session counselling for individuals, couples and families in English. Every Saturday from 12:00 to 5:00 PM. Last session starts at 3:30 PM). In person, virtual and by phone. **For virtual appointments, call (613) 725-3601 ext. 0.**

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Around The Rainbow Art & Play Drop In Group - Family Services Ottawa

Date and Time: Saturday, October 7 01:00 pm - 4:00 pm

Address: Andrew Fleck Childcare Services - 2330 Don Reid Drive, Suite 101

Free, monthly drop-in art and playgroup for 2SLGBTQI+ families with young children and families with young gender creative children. Participants will visit other parents while your little ones play and make art together in a wonderful childcare space. Offered in French and English. Occurs on the first Saturday of each month from 1:00 to 4:00 PM.

Sunday, October 8, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Sunday, October 8 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

The Walk-In Counselling Clinic - Jewish Family Services

Date and Time: Sunday, October 8 12:00 pm - 5:00 pm

Address: 301-2255 Carling Avenue, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Sundays from 12:00 to 5:00 (last session is at 3:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 28th, which will be open for regular hours.

Monday, October 9, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Monday, October 9 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Monday, October 9 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Support Groups - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 9 09:00 am - 12:00 pm

Address: 130 Lansdowne avenue, unit 10, Carleton Place

1st and 3rd Friday of each month from 9:00 AM to 12:00 PM. **Carleton Place location.** Bilingual family peer support on site.

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 9 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** Visit their website to book an appointment.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 9 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 9 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415
Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260
Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Franc Succès - Vanier Community Services Centre

Date and Time: Monday, October 9 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Monday, October 9 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Walk-In Clinic - Le Cap

Date and Time: Monday, October 9 11:00 am - 8:00 pm

Address: 150 Montreal Road, Suite 300, Ottawa

French Walk-in counselling services.

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Monday, October 9 01:00 pm - 7:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Drop In Support - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 9 01:00 pm - 8:00 pm

Address: 88 Cornelia Street West, Unit A1, Smiths Falls

Drop in bilingual family peer support on site. **Smiths Falls site.** 1st and 3rd Monday of each month from 1:00 to 8:00 PM.

DBT Skills Family Group (English only)

Date and Time: Monday, October 9 05:00 pm - 6:00 pm

Address: zoom

\$125 per session. Teens in grade 9 to 12. This 12-week group is for adolescents in grades 9-12 who struggle with depression, anxiety, intense emotions, poor coping skills, impulsive behaviours, self-injurious behaviours and/or family and peer conflict, and their caregivers. Adolescents and their caregivers learn evidence-based skills together. Through weekly 90-minute virtual sessions, teens and their caregivers will learn core DBT skills to help them cope with intense emotions, tolerate stress in healthier ways, and be more effective in their interactions with family, friends, and teachers.

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

Date and Time: Monday, October 9 06:00 pm - 8:00 pm

Address: 1365 Richmond Road, Ottawa

Weekly drop-in groups for youth (ages 13-18) to explore their culture, meet new friends, craft, cook and have fun as a group.

Youth Leadership and Advocacy Group (ages 13-21) that focuses on youth-identified topics of interest, self-care, mental health, careers, personal development, culture and identity.

Bi-weekly parent group that focuses on various topics important to parents and advocacy around issues facing the Somali community. Workshops are conducted in Somali and English and are facilitated by service providers and professionals.

Tuesday, October 10, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Tuesday, October 10 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Tuesday, October 10 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 10 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 10 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 10 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Tuesday, October 10 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Tuesday, October 10 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Tuesday, October 10 10:00 am - 4:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Baby Love - Bethany Hope Centre

Date and Time: Tuesday, October 10 10:00 am - 11:45 am

Address: 820 Woodroffe Avenue, Ottawa

Parenting program which encourages secure attachment relationships with parents and their babies, ages 2 months to 15 months. Each week focuses on topics which range from what baby is thinking/feeling, mindfulness in parents, parents self regulation, coping with difficult feelings and more. **English.**

Walk-In Clinic - Youth Services Bureau

Date and Time: Tuesday, October 10 12:00 pm - 8:00 pm

Address: 1355 Bank Street, Ottawa

The Mental Health Walk-in Clinic provides quick and direct access to **bilingual single session** counselling services, known as Choice sessions, for youth between the ages of 12 and 20 and their families who are residents of Ottawa. Youth may choose to access the service individually and confidentially or attend the session with family members. Parents/ caregivers may also access Choice sessions for support in their role as

parents for a youth aged between 12 and 20. **Last session is at 6:00 PM.**

SMART Recovery

Date and Time: Tuesday, October 10 12:00 pm - 1:30 pm

Address: <https://us06web.zoom.us/j/82895343008#success>

Self-Management and Recovery Training (SMART) is a global community of mutual support groups. At meetings, participants help one another resolve problems with any with any addiction (drugs, alcohol, gambling, and over-eating, among others). Offered in English.

If you do not have a device that uses video, you can dial-in: [613-209-3054](tel:6132093054) and enter meeting ID 828 9534 3008.

The Walk-In Counselling Clinic - Family Services Ottawa

Date and Time: Tuesday, October 10 12:00 pm - 8:00 pm

Address: 312 Parkdale Avenue, Ottawa

Quick access/single session counselling for individuals, couples and families in English. Tuesdays from 12:00 to 8:00 PM. Last session begins at 6:30 PM. In person, virtual or by phone. **For virtual appointments, call (613) 725-3601 ext. 0 to make an appointment.**

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - South East Ottawa Community Centre

Date and Time: Tuesday, October 10 12:00 pm - 6:30 pm

Address: Video or phone only

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, Arabic and Spanish.** Tuesdays from 12:00 to 6:30 PM. Last session is at 5:00 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - Somerset West Community Centre

Date and Time: Tuesday, October 10 12:00 pm - 6:30 pm

Address: 55 Eccles Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and Mandarin.** Tuesdays from 12:00 to 6:30 PM. Last session is at 5:00 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Youth Wellness Hub for Youth - Walk-in Cornwall

Date and Time: Tuesday, October 10 12:00 pm - 8:00 pm

Address: 212 Pitt Street, Cornwall

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Wednesday, October 11, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Wednesday, October 11 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Crossroads - Child & Family Clinic

Date and Time: Wednesday, October 11 09:00 am - 12:00 pm

Address: 1755 Courtwood Cres., Ottawa, ON / zoom

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 Counselling Connect. Also occurs every Wednesday from 9:00 AM to Noon and Noon to 8:00 PM on Thursdays.**

Counselling Services - Vanier Community Service Centre

Date and Time: Wednesday, October 11 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Youth Wellness Hub for Youth - Walk-in Embrun

Date and Time: Wednesday, October 11 09:00 am - 5:00 pm

Address: 649 Notre Dame, Embrun

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub. **Walk-in or make an appointment by phone or text. First and third Wednesday of each month.**

Franc Succès - Vanier Community Services Centre

Date and Time: Wednesday, October 11 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Wednesday, October 11 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Youth Wellness Hub for Youth - Walk-in Hawkesbury

Date and Time: Wednesday, October 11 09:00 am - 3:00 pm

Address: 580 Spence Avenue, Hawkesbury

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 11 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 11 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 11 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

L'éveil des tout-petits - Vanier Community Services Centre

Date and Time: Wednesday, October 11 09:30 am - 11:30 am

Address: 270 Marier Avenue, Ottawa

French only. This weekly playgroup aims to support parents of children from 6 month to 3 years by providing information and resources on child development, attachment, and the importance of play.

Drop in support - Children's mental health of Leeds & Grenville

Date and Time: Wednesday, October 11 11:00 am - 7:00 pm

Address: 79 Schearer Street, lower level, Kemptville

Family peer supporter on site. Offered in English.

Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones

Date and Time: Wednesday, October 11 12:00 pm - 4:00 pm

Address: 610 McConnell Avenue, Cornwall

Drop in support group. Bilingual family peer support on site.

The Walk-In Counselling Clinic - Jewish Family Services

Date and Time: Wednesday, October 11 12:00 pm - 8:00 pm

Address: 301-2255 Carling Avenue, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as

possible. **Offered in English, all are welcome.** Wednesdays from 12:00 to 8:00 PM. Last session is at 6:30 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 28th, which will be open for regular hours.

The Walk-In Counselling Clinic - Centretown Community Health Centre

Date and Time: Wednesday, October 11 12:00 pm - 8:00 pm

Address: Video or phone only

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Wednesdays from 12:00 to 8:00 PM. Last session is at 6:30 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Thursday, October 12, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Thursday, October 12 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Thursday, October 12 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 12 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 12 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 12 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Thursday, October 12 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Thursday, October 12 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Youth Wellness Hub for Youth - Walk-in Cornwall

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

Address: 212 Pitt Street, Cornwall

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Nobody's Perfect - Bethany Hope Centre

Date and Time: Thursday, October 12 10:00 am - 11:45 am

Address: 820 Woodroffe Avenue, Ottawa

Parenting program for young parent families that focuses on encouraging children to behave appropriately as

well as offering inspiring ideas for coping with some common childhood behaviours. English.

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Thursday, October 12 11:00 am - 7:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

The Walk-In Counselling Clinic - Renfrew County

Date and Time: Thursday, October 12 11:30 am - 6:00 pm

Address: video or phone

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Thursdays 11:30 AM to 6:00 PM (last session is at 4:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

E-walk-in Counselling Clinic

Date and Time: Thursday, October 12 11:30 am - 6:00 pm

Address: Counselling Connect website

Every Thursday from 11:30 AM to 6:00 PM. Or you can visit [Counselling Connect](#) to book online directly.

Crossroads - Child & Family Clinic

Date and Time: Thursday, October 12 12:00 pm - 8:00 pm

Address: 1755 Courtwood Cres., Ottawa, ON / zoom

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 Counselling Connect. Also occurs every Wednesday from 9:00 AM to Noon and Noon to 8:00 PM on Thursdays.**

The Walk-In Counselling Clinic - CFS/SFC Ottawa

Date and Time: Thursday, October 12 12:00 pm - 8:00 pm

Address: 310 Olmstead Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and French.** Thursdays from 12:00 to 8:00 (last session is at 6:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 29th, which will be open for regular hours.

SMART Recovery

Date and Time: Thursday, October 12 12:00 pm - 1:30 pm

Address: <https://us06web.zoom.us/j/82895343008#success>

Self-Management and Recovery Training (SMART) is a global community of mutual support groups. At meetings, participants help one another resolve problems with any with any addiction (drugs, alcohol, gambling, and over-eating, among others). Offered in English.

If you do not have a device that uses video, you can dial-in: [613-209-3054](tel:6132093054) and enter meeting ID 828 9534 3008.

Friday, October 13, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Friday, October 13 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Friday, October 13 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Youth Wellness Hub for Youth - Walk-in Embrun

Date and Time: Friday, October 13 09:00 am - 4:00 pm

Address: 649 Notre Dame, Embrun

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Franc Succès - Vanier Community Services Centre

Date and Time: Friday, October 13 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Friday, October 13 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 13 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** Visit their website to book an appointment.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 13 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 13 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

The Walk-In Counselling Clinic - CFS/SFC Ottawa

Date and Time: Friday, October 13 12:00 pm - 5:00 pm

Address: 310 Olmstead Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and French.** Fridays from 12:00 to 5:00 (last session is at 3:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 29th, which will be open for regular hours.

Youth Drop In - Vanier Community Services Centre

Date and Time: Friday, October 13 04:00 pm - 7:00 pm

Address: 270 Marier Avenue, Ottawa

The Drop-In offers youth aged 13 to 17 a series of recreational and cultural activities. The primary objectives of this program are the prevention and promotion of physical and mental wellness for the youth as well as offering them a safe environment during critical hours of the day where they are most vulnerable and at risk. This program also contributes to the positive development of youth by fostering the creation of social bonds with others and by acting as an information source in the community. **Closed during summer and on holidays.**

Youth Drop in - Wabano Centre

Date and Time: Friday, October 13 04:30 pm - 6:30 pm

Address: 275 Bradley Avenue, Ottawa

Youth Drop-In welcomes all Indigenous youth ages 12+ to come together and hangout in a fun and safe space! Start your weekend in a good way by connecting with peers and participating in healthy living activities such as cooking, physical activity and sports, and get creative with hands-on activities such as art drawing, painting and music workshops. Offered in English.

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

Date and Time: Friday, October 13 06:00 pm - 8:00 pm

Address: 1365 Richmond Road, Ottawa

Weekly drop-in groups for youth (ages 13-18) to explore their culture, meet new friends, craft, cook and have fun as a group.

Youth Leadership and Advocacy Group (ages 13-21) that focuses on youth-identified topics of interest, self-care, mental health, careers, personal development, culture and identity.

Bi-weekly parent group that focuses on various topics important to parents and advocacy around issues facing the Somali community. Workshops are conducted in Somali and English and are facilitated by service providers

and professionals.

Saturday, October 14, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Saturday, October 14 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

The Walk-In Counselling Clinic - Family Services Ottawa

Date and Time: Saturday, October 14 12:00 pm - 5:00 pm

Address: 312 Parkdale Avenue, Ottawa

Quick access/single session counselling for individuals, couples and families in English. Every Saturday from 12:00 to 5:00 PM. Last session starts at 3:30 PM). In person, virtual and by phone. **For virtual appointments, call (613) 725-3601 ext. 0.**

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Sunday, October 15, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Sunday, October 15 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

The Walk-In Counselling Clinic - Jewish Family Services

Date and Time: Sunday, October 15 12:00 pm - 5:00 pm

Address: 301-2255 Carling Avenue, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as

possible. **Offered in English, all are welcome.** Sundays from 12:00 to 5:00 (last session is at 3:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 28th, which will be open for regular hours.

Monday, October 16, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Monday, October 16 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Monday, October 16 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 16 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** Visit their website to book an appointment.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 16 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 16 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Monday, October 16 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Monday, October 16 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Walk-In Clinic - Le Cap

Date and Time: Monday, October 16 11:00 am - 8:00 pm

Address: 150 Montreal Road, Suite 300, Ottawa

French Walk-in counselling services.

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Monday, October 16 01:00 pm - 7:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Youth Wellness Hub for parents and care givers - Walk-in Rockland

Date and Time: Monday, October 16 04:00 pm - 7:00 pm

Address: 1517 Laurier Street, Rockland

Parent/caregiver walk-in service available for parents or caregivers of youth between 12 and 25 years old. Parents/caregivers can meet with a Hub Counsellor or a peer support worker from PLEO. English and French.

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

Date and Time: Monday, October 16 06:00 pm - 8:00 pm

Address: 1365 Richmond Road, Ottawa

Weekly drop-in groups for youth (ages 13-18) to explore their culture, meet new friends, craft, cook and have fun as a group.

Youth Leadership and Advocacy Group (ages 13-21) that focuses on youth-identified topics of interest, self-care, mental health, careers, personal development, culture and identity.

Bi-weekly parent group that focuses on various topics important to parents and advocacy around issues facing the Somali community. Workshops are conducted in Somali and English and are facilitated by service providers and professionals.

Tuesday, October 17, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Tuesday, October 17 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Tuesday, October 17 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 17 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about

any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 17 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 17 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Franc Succès - Vanier Community Services Centre

Date and Time: Tuesday, October 17 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The

participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Early Learning and Parenting Workshops - Pincrest Queensway Community Health Centre

Date and Time: Tuesday, October 17 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pincrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pincrest-queensway-community-health-centre-26409651483>

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Tuesday, October 17 10:00 am - 4:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Baby Love - Bethany Hope Centre

Date and Time: Tuesday, October 17 10:00 am - 11:45 am

Address: 820 Woodroffe Avenue, Ottawa

Parenting program which encourages secure attachment relationships with parents and their babies, ages 2 months to 15 months. Each week focuses on topics which range from what baby is thinking/feeling, mindfulness in parents, parents self regulation, coping with difficult feelings and more. **English.**

Walk-In Clinic - Youth Services Bureau

Date and Time: Tuesday, October 17 12:00 pm - 8:00 pm

Address: 1355 Bank Street, Ottawa

The Mental Health Walk-in Clinic provides quick and direct access to **bilingual single session** counselling services, known as Choice sessions, for youth between the ages of 12 and 20 and their families who are residents of Ottawa. Youth may choose to access the service individually and confidentially or attend the session with family members. Parents/ caregivers may also access Choice sessions for support in their role as parents for a youth aged between 12 and 20. **Last session is at 6:00 PM.**

SMART Recovery

Date and Time: Tuesday, October 17 12:00 pm - 1:30 pm

Address: <https://us06web.zoom.us/j/82895343008#success>

Self-Management and Recovery Training (SMART) is a global community of mutual support groups. At meetings, participants help one another resolve problems with any with any addiction (drugs, alcohol, gambling, and over-eating, among others). Offered in English.

If you do not have a device that uses video, you can dial-in: [613-209-3054](tel:6132093054) and enter meeting ID 828 9534 3008.

The Walk-In Counselling Clinic - Family Services Ottawa

Date and Time: Tuesday, October 17 12:00 pm - 8:00 pm

Address: 312 Parkdale Avenue, Ottawa

Quick access/single session counselling for individuals, couples and families in English. Tuesdays from 12:00 to 8:00 PM. Last session begins at 6:30 PM. In person, virtual or by phone. **For virtual appointments, call (613) 725-3601 ext. 0 to make an appointment.**

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - Somerset West Community Centre

Date and Time: Tuesday, October 17 12:00 pm - 6:30 pm

Address: 55 Eccles Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and Mandarin.** Tuesdays from 12:00 to 6:30 PM. Last session is at 5:00 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - South East Ottawa Community Centre

Date and Time: Tuesday, October 17 12:00 pm - 6:30 pm

Address: Video or phone only

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, Arabic and Spanish.** Tuesdays from 12:00 to 6:30 PM. Last session is at 5:00 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Youth Wellness Hub for Youth - Walk-in Cornwall

Date and Time: Tuesday, October 17 12:00 pm - 8:00 pm

Address: 212 Pitt Street, Cornwall

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub. **Walk-in or make an appointment by phone or text.**

Wednesday, October 18, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Wednesday, October 18 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Crossroads - Child & Family Clinic

Date and Time: Wednesday, October 18 09:00 am - 12:00 pm

Address: 1755 Courtwood Cres., Ottawa, ON / zoom

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 Counselling Connect. Also occurs every Wednesday from 9:00 AM to Noon and Noon to**

8:00 PM on Thursdays.

Counselling Services - Vanier Community Service Centre

Date and Time: Wednesday, October 18 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 18 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 18 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 18 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Youth Wellness Hub for Youth - Walk-in Hawkesbury

Date and Time: Wednesday, October 18 09:00 am - 3:00 pm

Address: 580 Spence Avenue, Hawkesbury

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Wednesday, October 18 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Wednesday, October 18 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

L'éveil des tout-petits - Vanier Community Services Centre

Date and Time: Wednesday, October 18 09:30 am - 11:30 am

Address: 270 Marier Avenue, Ottawa

French only. This weekly playgroup aims to support parents of children from 6 month to 3 years by providing information and resources on child development, attachment, and the importance of play.

Drop in support - Children's mental health of Leeds & Grenville

Date and Time: Wednesday, October 18 11:00 am - 7:00 pm

Address: 79 Schearer Street, lower level, Kemptville

Family peer supporter on site. Offered in English.

Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones

Date and Time: Wednesday, October 18 12:00 pm - 4:00 pm

Address: 610 McConnell Avenue, Cornwall

Drop in support group. Bilingual family peer support on site.

Neighbourhood Health and Wellness Hubs - ACB Wellness Centre

Date and Time: Wednesday, October 18 12:00 pm - 3:00 pm

Address: African, Caribbean and Black Wellness Resource Centre, 610 Donald Street, Ottawa

Mental Health, Addictions and Substance Use Health drop in hub. French and English. Bi-weekly on Wednesdays from 1:00 to 4:00 PM.

The Walk-In Counselling Clinic - Centretown Community Health Centre

Date and Time: Wednesday, October 18 12:00 pm - 8:00 pm

Address: Video or phone only

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Wednesdays from 12:00 to 8:00 PM. Last session is at 6:30 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - Jewish Family Services

Date and Time: Wednesday, October 18 12:00 pm - 8:00 pm

Address: 301-2255 Carling Avenue, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Wednesdays from 12:00 to 8:00 PM. Last session is at 6:30 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 28th, which will be open for regular hours.

Thursday, October 19, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Thursday, October 19 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Thursday, October 19 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 19 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 19 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 19 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Franc Succès - Vanier Community Services Centre

Date and Time: Thursday, October 19 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Thursday, October 19 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Youth Wellness Hub for Youth - Walk-in Cornwall

Date and Time: Thursday, October 19 10:00 am - 4:00 pm

Address: 212 Pitt Street, Cornwall

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Nobody's Perfect - Bethany Hope Centre

Date and Time: Thursday, October 19 10:00 am - 11:45 am

Address: 820 Woodroffe Avenue, Ottawa

Parenting program for young parent families that focuses on encouraging children to behave appropriately as well as offering inspiring ideas for coping with some common childhood behaviours. English.

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Thursday, October 19 11:00 am - 7:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

The Walk-In Counselling Clinic - Renfrew County

Date and Time: Thursday, October 19 11:30 am - 6:00 pm

Address: video or phone

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Thursdays 11:30 AM to 6:00 PM (last session is at 4:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

E-walk-in Counselling Clinic

Date and Time: Thursday, October 19 11:30 am - 6:00 pm

Address: Counselling Connect website

Every Thursday from 11:30 AM to 6:00 PM. Or you can visit [Counselling Connect](#) to book online directly.

Crossroads - Child & Family Clinic

Date and Time: Thursday, October 19 12:00 pm - 8:00 pm

Address: 1755 Courtwood Cres., Ottawa, ON / zoom

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 Counselling Connect. Also occurs every Wednesday from 9:00 AM to Noon and Noon to 8:00 PM on Thursdays.**

The Walk-In Counselling Clinic - CFS/SFC Ottawa

Date and Time: Thursday, October 19 12:00 pm - 8:00 pm

Address: 310 Olmstead Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and French.** Thursdays from 12:00 to 8:00 (last session is at 6:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 29th, which will be open for regular hours.

SMART Recovery

Date and Time: Thursday, October 19 12:00 pm - 1:30 pm

Address: <https://us06web.zoom.us/j/82895343008#success>

Self-Management and Recovery Training (SMART) is a global community of mutual support groups. At meetings, participants help one another resolve problems with any with any addiction (drugs, alcohol, gambling, and over-eating, among others). Offered in English.

If you do not have a device that uses video, you can dial-in: [613-209-3054](tel:6132093054) and enter meeting ID 828 9534 3008.

Friday, October 20, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Friday, October 20 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Friday, October 20 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Youth Wellness Hub for Youth - Walk-in Alexandria

Date and Time: Friday, October 20 09:00 am - 4:00 pm

Address: 5 Main Street, Alexandria

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Youth Wellness Hub for Youth - Walk-in Alexandria

Date and Time: Friday, October 20 09:00 am - 4:00 pm

Address: 5 Main Street, Alexandria

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Friday, October 20 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Friday, October 20 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 20 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 20 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 20 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

The Walk-In Counselling Clinic - CFS/SFC Ottawa

Date and Time: Friday, October 20 12:00 pm - 5:00 pm

Address: 310 Olmstead Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and French.** Fridays from 12:00 to 5:00 (last session is at 3:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 29th, which will be open for regular hours.

Youth Drop In - Vanier Community Services Centre

Date and Time: Friday, October 20 04:00 pm - 7:00 pm

Address: 270 Marier Avenue, Ottawa

The Drop-In offers youth aged 13 to 17 a series of recreational and cultural activities. The primary objectives of this program are the prevention and promotion of physical and mental wellness for the youth as well as offering them a safe environment during critical hours of the day where they are most vulnerable and at risk. This program also contributes to the positive development of youth by fostering the creation of social bonds with others and by acting as an information source in the community. **Closed during summer and on holidays.**

Youth Drop in - Wabano Centre

Date and Time: Friday, October 20 04:30 pm - 6:30 pm

Address: 275 Bradley Avenue, Ottawa

Youth Drop-In welcomes all Indigenous youth ages 12+ to come together and hangout in a fun and safe space!

Start your weekend in a good way by connecting with peers and participating in healthy living activities such as cooking, physical activity and sports, and get creative with hands-on activities such as art drawing, painting and music workshops. Offered in English.

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

Date and Time: Friday, October 20 06:00 pm - 8:00 pm

Address: 1365 Richmond Road, Ottawa

Weekly drop-in groups for youth (ages 13-18) to explore their culture, meet new friends, craft, cook and have fun as a group.

Youth Leadership and Advocacy Group (ages 13-21) that focuses on youth-identified topics of interest, self-care, mental health, careers, personal development, culture and identity.

Bi-weekly parent group that focuses on various topics important to parents and advocacy around issues facing the Somali community. Workshops are conducted in Somali and English and are facilitated by service providers and professionals.

Saturday, October 21, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Saturday, October 21 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

The Walk-In Counselling Clinic - Family Services Ottawa

Date and Time: Saturday, October 21 12:00 pm - 5:00 pm

Address: 312 Parkdale Avenue, Ottawa

Quick access/single session counselling for individuals, couples and families in English. Every Saturday from 12:00 to 5:00 PM. Last session starts at 3:30 PM). In person, virtual and by phone. **For virtual appointments, call (613) 725-3601 ext. 0.**

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Sunday, October 22, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Sunday, October 22 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

The Walk-In Counselling Clinic - Jewish Family Services

Date and Time: Sunday, October 22 12:00 pm - 5:00 pm

Address: 301-2255 Carling Avenue, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Sundays from 12:00 to 5:00 (last session is at 3:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 28th, which will be open for regular hours.

Monday, October 23, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Monday, October 23 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Monday, October 23 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Support Groups - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 23 09:00 am - 12:00 pm

Address: 130 Lansdowne avenue, unit 10, Carleton Place

1st and 3rd Friday of each month from 9:00 AM to 12:00 PM. **Carleton Place location.** Bilingual family peer support on site.

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 23 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** Visit their website to book an appointment.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 23 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 23 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415
Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260
Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Franc Succès - Vanier Community Services Centre

Date and Time: Monday, October 23 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Monday, October 23 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Walk-In Clinic - Le Cap

Date and Time: Monday, October 23 11:00 am - 8:00 pm

Address: 150 Montreal Road, Suite 300, Ottawa

French Walk-in counselling services.

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Monday, October 23 01:00 pm - 7:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Drop In Support - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 23 01:00 pm - 8:00 pm

Address: 88 Cornelia Street West, Unit A1, Smiths Falls

Drop in bilingual family peer support on site. **Smiths Falls site.** 1st and 3rd Monday of each month from 1:00 to 8:00 PM.

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

Date and Time: Monday, October 23 06:00 pm - 8:00 pm

Address: 1365 Richmond Road, Ottawa

Weekly drop-in groups for youth (ages 13-18) to explore their culture, meet new friends, craft, cook and have fun as a group.

Youth Leadership and Advocacy Group (ages 13-21) that focuses on youth-identified topics of interest, self-care, mental health, careers, personal development, culture and identity.

Bi-weekly parent group that focuses on various topics important to parents and advocacy around issues facing the Somali community. Workshops are conducted in Somali and English and are facilitated by service providers and professionals.

Tuesday, October 24, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Tuesday, October 24 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Tuesday, October 24 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 24 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 24 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 24 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Tuesday, October 24 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Tuesday, October 24 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road,

Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Tuesday, October 24 10:00 am - 4:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Baby Love - Bethany Hope Centre

Date and Time: Tuesday, October 24 10:00 am - 11:45 am

Address: 820 Woodroffe Avenue, Ottawa

Parenting program which encourages secure attachment relationships with parents and their babies, ages 2 months to 15 months. Each week focuses on topics which range from what baby is thinking/feeling, mindfulness in parents, parents self regulation, coping with difficult feelings and more. **English.**

Walk-In Clinic - Youth Services Bureau

Date and Time: Tuesday, October 24 12:00 pm - 8:00 pm

Address: 1355 Bank Street, Ottawa

The Mental Health Walk-in Clinic provides quick and direct access to **bilingual single session** counselling services, known as Choice sessions, for youth between the ages of 12 and 20 and their families who are residents of Ottawa. Youth may choose to access the service individually and confidentially or attend the session with family members. Parents/ caregivers may also access Choice sessions for support in their role as parents for a youth aged between 12 and 20. **Last session is at 6:00 PM.**

SMART Recovery

Date and Time: Tuesday, October 24 12:00 pm - 1:30 pm

Address: <https://us06web.zoom.us/j/82895343008#success>

Self-Management and Recovery Training (SMART) is a global community of mutual support groups. At meetings, participants help one another resolve problems with any with any addiction (drugs, alcohol, gambling, and over-eating, among others). Offered in English.

If you do not have a device that uses video, you can dial-in: [613-209-3054](tel:6132093054) and enter meeting ID 828

The Walk-In Counselling Clinic - Family Services Ottawa

Date and Time: Tuesday, October 24 12:00 pm - 8:00 pm

Address: 312 Parkdale Avenue, Ottawa

Quick access/single session counselling for individuals, couples and families in English. Tuesdays from 12:00 to 8:00 PM. Last session begins at 6:30 PM. In person, virtual or by phone. **For virtual appointments, call (613) 725-3601 ext. 0 to make an appointment.**

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - South East Ottawa Community Centre

Date and Time: Tuesday, October 24 12:00 pm - 6:30 pm

Address: Video or phone only

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, Arabic and Spanish.** Tuesdays from 12:00 to 6:30 PM. Last session is at 5:00 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - Somerset West Community Centre

Date and Time: Tuesday, October 24 12:00 pm - 6:30 pm

Address: 55 Eccles Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and Mandarin.** Tuesdays from 12:00 to 6:30 PM. Last session is at 5:00 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Youth Wellness Hub for Youth - Walk-in Cornwall

Date and Time: Tuesday, October 24 12:00 pm - 8:00 pm

Address: 212 Pitt Street, Cornwall

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub. **Walk-in or make an appointment by phone or text.**

Wednesday, October 25, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Wednesday, October 25 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Crossroads - Child & Family Clinic

Date and Time: Wednesday, October 25 09:00 am - 12:00 pm

Address: 1755 Courtwood Cres., Ottawa, ON / zoom

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 Counselling Connect. Also occurs every Wednesday from 9:00 AM to Noon and Noon to 8:00 PM on Thursdays.**

Counselling Services - Vanier Community Service Centre

Date and Time: Wednesday, October 25 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Youth Wellness Hub for Youth - Walk-in Embrun

Date and Time: Wednesday, October 25 09:00 am - 5:00 pm

Address: 649 Notre Dame, Embrun

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub. **Walk-in or make an appointment by phone or text. First and third Wednesday of each month.**

Franc Succès - Vanier Community Services Centre

Date and Time: Wednesday, October 25 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Wednesday, October 25 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Youth Wellness Hub for Youth - Walk-in Hawkesbury

Date and Time: Wednesday, October 25 09:00 am - 3:00 pm

Address: 580 Spence Avenue, Hawkesbury

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 25 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 25 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Wednesday, October 25 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

L'éveil des tout-petits - Vanier Community Services Centre

Date and Time: Wednesday, October 25 09:30 am - 11:30 am

Address: 270 Marier Avenue, Ottawa

French only. This weekly playgroup aims to support parents of children from 6 months to 3 years by providing information and resources on child development, attachment, and the importance of play.

Drop in support - Children's mental health of Leeds & Grenville

Date and Time: Wednesday, October 25 11:00 am - 7:00 pm

Address: 79 Scheerer Street, lower level, Kemptville

Family peer supporter on site. Offered in English.

Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones

Date and Time: Wednesday, October 25 12:00 pm - 4:00 pm

Address: 610 McConnell Avenue, Cornwall

Drop in support group. Bilingual family peer support on site.

The Walk-In Counselling Clinic - Jewish Family Services

Date and Time: Wednesday, October 25 12:00 pm - 8:00 pm

Address: 301-2255 Carling Avenue, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Wednesdays from 12:00 to 8:00 PM. Last session is at 6:30 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 28th, which will be open for regular hours.

The Walk-In Counselling Clinic - Centretown Community Health Centre

Date and Time: Wednesday, October 25 12:00 pm - 8:00 pm

Address: Video or phone only

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as

possible. **Offered in English, all are welcome.** Wednesdays from 12:00 to 8:00 PM. Last session is at 6:30 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Thursday, October 26, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Thursday, October 26 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Thursday, October 26 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 26 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 26 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Thursday, October 26 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Thursday, October 26 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Thursday, October 26 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Youth Wellness Hub for Youth - Walk-in Cornwall

Date and Time: Thursday, October 26 10:00 am - 4:00 pm

Address: 212 Pitt Street, Cornwall

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Nobody's Perfect - Bethany Hope Centre

Date and Time: Thursday, October 26 10:00 am - 11:45 am

Address: 820 Woodroffe Avenue, Ottawa

Parenting program for young parent families that focuses on encouraging children to behave appropriately as well as offering inspiring ideas for coping with some common childhood behaviours. English.

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Thursday, October 26 11:00 am - 7:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

The Walk-In Counselling Clinic - Renfrew County

Date and Time: Thursday, October 26 11:30 am - 6:00 pm

Address: video or phone

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Thursdays 11:30 AM to 6:00 PM (last session is at 4:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

E-walk-in Counselling Clinic

Date and Time: Thursday, October 26 11:30 am - 6:00 pm

Address: Counselling Connect website

Every Thursday from 11:30 AM to 6:00 PM. Or you can visit [Counselling Connect](#) to book online directly.

Crossroads - Child & Family Clinic

Date and Time: Thursday, October 26 12:00 pm - 8:00 pm

Address: 1755 Courtwood Cres., Ottawa, ON / zoom

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 Counselling Connect. Also occurs every Wednesday from 9:00 AM to Noon and Noon to 8:00 PM on Thursdays.**

The Walk-In Counselling Clinic - CFS/SFC Ottawa

Date and Time: Thursday, October 26 12:00 pm - 8:00 pm

Address: 310 Olmstead Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and French.** Thursdays from 12:00 to 8:00 (last session is at 6:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 29th, which will be open for regular hours.

SMART Recovery

Date and Time: Thursday, October 26 12:00 pm - 1:30 pm

Address: <https://us06web.zoom.us/j/82895343008#success>

Self-Management and Recovery Training (SMART) is a global community of mutual support groups. At meetings, participants help one another resolve problems with any with any addiction (drugs, alcohol, gambling, and over-eating, among others). Offered in English.

If you do not have a device that uses video, you can dial-in: [613-209-3054](tel:6132093054) and enter meeting ID 828 9534 3008.

Friday, October 27, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Friday, October 27 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Friday, October 27 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Youth Wellness Hub for Youth - Walk-in Embrun

Date and Time: Friday, October 27 09:00 am - 4:00 pm

Address: 649 Notre Dame, Embrun

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Franc Succès - Vanier Community Services Centre

Date and Time: Friday, October 27 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Friday, October 27 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 27 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 27 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Friday, October 27 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

The Walk-In Counselling Clinic - CFS/SFC Ottawa

Date and Time: Friday, October 27 12:00 pm - 5:00 pm

Address: 310 Olmstead Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and French.** Fridays from 12:00 to 5:00 (last session is at 3:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 29th, which will be open for regular hours.

Youth Drop In - Vanier Community Services Centre

Date and Time: Friday, October 27 04:00 pm - 7:00 pm

Address: 270 Marier Avenue, Ottawa

The Drop-In offers youth aged 13 to 17 a series of recreational and cultural activities. The primary objectives of this program are the prevention and promotion of physical and mental wellness for the youth as well as offering them a safe environment during critical hours of the day where they are most vulnerable and at risk. This program also contributes to the positive development of youth by fostering the creation of social bonds with others and by acting as an information source in the community. **Closed during summer and on holidays.**

Youth Drop in - Wabano Centre

Date and Time: Friday, October 27 04:30 pm - 6:30 pm

Address: 275 Bradley Avenue, Ottawa

Youth Drop-In welcomes all Indigenous youth ages 12+ to come together and hangout in a fun and safe space! Start your weekend in a good way by connecting with peers and participating in healthy living activities such as cooking, physical activity and sports, and get creative with hands-on activities such as art drawing, painting and music workshops. Offered in English.

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

Date and Time: Friday, October 27 06:00 pm - 8:00 pm

Address: 1365 Richmond Road, Ottawa

Weekly drop-in groups for youth (ages 13-18) to explore their culture, meet new friends, craft, cook and have fun as a group.

Youth Leadership and Advocacy Group (ages 13-21) that focuses on youth-identified topics of interest, self-care, mental health, careers, personal development, culture and identity.

Bi-weekly parent group that focuses on various topics important to parents and advocacy around issues facing the Somali community. Workshops are conducted in Somali and English and are facilitated by service providers and professionals.

Saturday, October 28, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Saturday, October 28 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

The Walk-In Counselling Clinic - Family Services Ottawa

Date and Time: Saturday, October 28 12:00 pm - 5:00 pm

Address: 312 Parkdale Avenue, Ottawa

Quick access/single session counselling for individuals, couples and families in English. Every Saturday from 12:00 to 5:00 PM. Last session starts at 3:30 PM). In person, virtual and by phone. **For virtual appointments, call (613) 725-3601 ext. 0.**

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Sunday, October 29, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Sunday, October 29 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

The Walk-In Counselling Clinic - Jewish Family Services

Date and Time: Sunday, October 29 12:00 pm - 5:00 pm

Address: 301-2255 Carling Avenue, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, all are welcome.** Sundays from 12:00 to 5:00 (last session is at 3:30 PM).

NOTE - this service will be closed from December 23, 2022 to January 2, 2023 except for December 28th, which will be open for regular hours.

Monday, October 30, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Monday, October 30 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Monday, October 30 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 30 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 30 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Monday, October 30 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Monday, October 30 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Franc Succès - Vanier Community Services Centre

Date and Time: Monday, October 30 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth

Road, Ottawa).

Walk-In Clinic - Le Cap

Date and Time: Monday, October 30 11:00 am - 8:00 pm

Address: 150 Montreal Road, Suite 300, Ottawa

French Walk-in counselling services.

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Monday, October 30 01:00 pm - 7:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

Youth Wellness Hub for parents and care givers - Walk-in Rockland

Date and Time: Monday, October 30 04:00 pm - 7:00 pm

Address: 1517 Laurier Street, Rockland

Parent/caregiver walk-in service available for parents or caregivers of youth between 12 and 25 years old. Parents/caregivers can meet with a Hub Counsellor or a peer support worker from PLEO. English and French.

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

Date and Time: Monday, October 30 06:00 pm - 8:00 pm

Address: 1365 Richmond Road, Ottawa

Weekly drop-in groups for youth (ages 13-18) to explore their culture, meet new friends, craft, cook and have fun as a group.

Youth Leadership and Advocacy Group (ages 13-21) that focuses on youth-identified topics of interest, self-care, mental health, careers, personal development, culture and identity.

Bi-weekly parent group that focuses on various topics important to parents and advocacy around issues facing the Somali community. Workshops are conducted in Somali and English and are facilitated by service providers and professionals.

Around the Rainbow - Transcend Youth Group - Family Services Ottawa

Date and Time: Monday, October 30 06:00 pm - 8:00 pm

Address: 312 Parkdale Avenue, Ottawa

A free, monthly art and discussion drop-in group with gender diverse facilitators for trans, non-binary and questioning youth ages 11 to 17. Meet people, have discussions, make art and have fun. We also welcome cis-gender youth who are invited as a support to their peers. **Currently online.** Offered in French and English. Last Monday of each month from 6:00 to 8:00 PM.

Tuesday, October 31, 2023

Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre

Date and Time: Tuesday, October 31 07:00 am - 7:00 pm

Address: virtual

4/7 and 365 assistance with mental health services, shelter, security, individualized education, system navigation and survivorship mentorship. English & French.

Counselling Services - Vanier Community Service Centre

Date and Time: Tuesday, October 31 09:00 am - 11:30 am

Address: 290 Dupuis Street, Ottawa

French and English. The reception service offers an assessment of your needs, information, advocacy and referrals to the various community services. Crisis intervention and short-term counseling services.

Vanier residents only (K1L postal code).

School Based Counselling - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 31 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

School Based Services delivers counselling with youth between grades 9 and 12 throughout Lanark County high schools in a same-day counselling service. Counsellors are available one-day a week at each school. Students can access these appointments as often as they prefer throughout the school year. Youth can talk about any mental health challenges impacting their functioning or quality of life. The content of the therapeutic conversations is confidential. To make a referral in your school, contact your guidance counsellor or the school's student support staff. Available in English.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Brief Counselling Services - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 31 09:00 am - 3:00 pm

Address: Perth, Smiths Falls and Carleton Place

Brief Services provide up to 3 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Talk-In Single Sessions - Open Doors for Lanark Children & Youth

Date and Time: Tuesday, October 31 09:00 am - 5:00 pm

Address: Perth, Smiths Falls and Carleton Place

Talk-in services provide you and/or your children with 60 to 90 minute single counselling sessions which focuses on your strengths and abilities in person or virtual. English only. **Fridays are virtual.** [Visit their website to book an appointment.](#)

Perth office - 40 Sunset Blvd., Suite 123, Perth / (613) 264-1415

Smiths Falls - 88 Cornelia Street West, Unit A1, Smiths Falls / (613) 283-8260

Carleton Place - 130 Lansdowne Avenue, Unit 10, Carleton Place / (613) 257-8260

Franc Succès - Vanier Community Services Centre

Date and Time: Tuesday, October 31 09:00 am - 5:45 pm

Address: Ottawa

French only

FRANC SUCCÈS offers youth from grade 7 to 12 in select schools who are recent newcomers to Canada a series of recreational and cultural activities that allow them to adapt harmoniously to Canadian culture. The participants will learn various skills to facilitate their job search and volunteering hours, get connected with different community organizations, develop interpersonal and social relationships, etc.

Mondays from 3:45-5:45pm for grades 7-8 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Tuesdays from 2:45-4:45pm for grades 9-12 at Collège catholique Samuel-Genest (704 Carson's Road, Ottawa).

Wednesday from 3:45-5:45pm for grades 9-12 at école secondaire catholique Franco-Cité (623 Smyth Road, Ottawa).

Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre

Date and Time: Tuesday, October 31 09:00 am - 5:00 pm

Address: 1365 Richmond Road, Ottawa

Have you ever wished you had a child development “expert” to help you as a parent? At Pinecrest Queensway Community Health Centre we have a team of registered early childcare educators, a registered nurse/lactation consultant, and a registered dietician who run workshops on lots of parenting and child development topics. Some are just for parents, while other workshops are for children and parents to play and learn together.

Workshops are offered during the day and evenings, virtually and in-person with childcare available for some workshops. French and English.

Register for programming: <https://www.eventbrite.ca/o/pinecrest-queensway-community-health-centre-26409651483>

Youth Wellness Hub for Youth - Walk-in Rockland

Date and Time: Tuesday, October 31 10:00 am - 4:00 pm

Address: 1517 Laurier Street, Rockland

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub. **Walk-in or make an appointment by phone or text.**

Baby Love - Bethany Hope Centre

Date and Time: Tuesday, October 31 10:00 am - 11:45 am

Address: 820 Woodroffe Avenue, Ottawa

Parenting program which encourages secure attachment relationships with parents and their babies, ages 2 months to 15 months. Each week focuses on topics which range from what baby is thinking/feeling, mindfulness in parents, parents self regulation, coping with difficult feelings and more. **English.**

Walk-In Clinic - Youth Services Bureau

Date and Time: Tuesday, October 31 12:00 pm - 8:00 pm

Address: 1355 Bank Street, Ottawa

The Mental Health Walk-in Clinic provides quick and direct access to **bilingual single session** counselling services, known as Choice sessions, for youth between the ages of 12 and 20 and their families who are residents of Ottawa. Youth may choose to access the service individually and confidentially or attend the session with family members. Parents/ caregivers may also access Choice sessions for support in their role as parents for a youth aged between 12 and 20. **Last session is at 6:00 PM.**

SMART Recovery

Date and Time: Tuesday, October 31 12:00 pm - 1:30 pm

Address: <https://us06web.zoom.us/j/82895343008#success>

Self-Management and Recovery Training (SMART) is a global community of mutual support groups. At meetings, participants help one another resolve problems with any with any addiction (drugs, alcohol, gambling, and over-eating, among others). Offered in English.

If you do not have a device that uses video, you can dial-in: [613-209-3054](tel:6132093054) and enter meeting ID 828 9534 3008.

The Walk-In Counselling Clinic - Family Services Ottawa

Date and Time: Tuesday, October 31 12:00 pm - 8:00 pm

Address: 312 Parkdale Avenue, Ottawa

Quick access/single session counselling for individuals, couples and families in English. Tuesdays from 12:00 to 8:00 PM. Last session begins at 6:30 PM. In person, virtual or by phone. **For virtual appointments, call (613) 725-3601 ext. 0 to make an appointment.**

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - Somerset West Community Centre

Date and Time: Tuesday, October 31 12:00 pm - 6:30 pm

Address: 55 Eccles Street, Ottawa

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English and Mandarin.** Tuesdays from 12:00 to 6:30 PM. Last session is at 5:00 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

The Walk-In Counselling Clinic - South East Ottawa Community Centre

Date and Time: Tuesday, October 31 12:00 pm - 6:30 pm

Address: Video or phone only

The Walk-In Counselling Clinic offers confidential, single-session counselling services on a first come, first served basis. When clients arrive at one of our clinic locations, we aim to have them seen as quickly as possible. **Offered in English, Arabic and Spanish.** Tuesdays from 12:00 to 6:30 PM. Last session is at 5:00 PM.

NOTE - this service will be closed from December 23, 2022 to January 2, 2023.

Youth Wellness Hub for Youth - Walk-in Cornwall

Date and Time: Tuesday, October 31 12:00 pm - 8:00 pm

Address: 212 Pitt Street, Cornwall

Serving local youth as a fully integrated one-stop-shop, where youth between the ages of 12 and 25 can address all of their health and wellness needs. Help is available for mental health and addiction. Primary care services are immediately available, along with many more community and social services. The hub also includes peer services and system navigation services, all delivered in a timely and integrated manner from one central hub.

Walk-in or make an appointment by phone or text.

<https://calendar.kidscomefirst.ca>