

## Tuesday, October 1, 2024

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, October 1 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

### Drop in Renfrew County Parent support group (Pembroke, Ontario)

Date and Time: Tuesday, October 1 6:30 pm - 8:00 pm

Address: 278 Nelson Street, Pembroke, ON

**Drop-In Renfrew County Parent Support Group for parents and caregivers of children ages 12-25 facing mental health or addiction challenges. First Tuesday of each month. Location: Pembroke, Ontario.**

This free drop-in parent support group for parents and caregivers of children ages 12-25 facing mental health or addiction challenges, is held every first Tuesday of each month from 6:30pm to 8pm at Renfrew County Youth Wellness Hub (278 Nelson St, Pembroke, ON) and hosted and facilitated by Pleo Family Peer Supporters, in pa

Partnership with: Renfrew County Youth Wellness Hub, The Phoenix Centre for Children and Families and Addictions Treatment Service (ATS).

No registration or RSVP, just drop-in to join.

Upcoming dates:

*Tuesday September 3, 2024, 6:30pm-8pm*

*Tuesday October 1, 2024, 6:30pm-8pm*

*Tuesday November 5, 2024, 6:30pm-8pm*

*Tuesday December 3, 2024, 6:30pm-8pm*

## **Drop-In VIRTUAL parent support groups**

Date and Time: Tuesday, October 1 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Wednesday, October 2, 2024**

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### **Child & Family Clinic**

Date and Time: Wednesday, October 2 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Wednesday, October 2 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
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Youth Wellness Hubs:

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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

Date and Time: Wednesday, October 2 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

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### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

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### **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Dro**

## **p-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Thursday, October 3, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Thursday, October 3 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
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### **Child & Family Clinic**

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

Address: 1755 Courtwood Crescent, Ottawa

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

Clinic participants may access a counselling session where our experienced, professional staff help identify

issues and equip families with tools and strategies to address their concerns.

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

## Youth Services Bureau Walk-In Clinic

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

Address: 300-1355 Bank Street

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

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

## Youth Services Bureau Walk-In Clinic

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

Address: 2225 Mer Bleue Road

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

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

## Drop-In VIRTUAL parent support groups

Date and Time: Thursday, October 3 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

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### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom an

d hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

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**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Friday, October 4, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Friday, October 4 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

Date and Time: Friday, October 4 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

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### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

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### **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Saturday, October 5, 2024**

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### **Drop-In VIRTUAL parent support groups**

Date and Time: Saturday, October 5 6:30 pm - 8:00 pm

Address: zoom

#### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

#### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

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#### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

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**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

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Join here: <https://us02web.zoom.us/j/293138126>

## **Sunday, October 6, 2024**

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### **Drop-In VIRTUAL parent support groups**

Date and Time: Sunday, October 6 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

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**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Monday, October 7, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Monday, October 7 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

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- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

### **Drop-In VIRTUAL parent support groups**

Date and Time: Monday, October 7 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group supp**

## **ort for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

## **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

## **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

## **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Tuesday, October 8, 2024**

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## **PLEO Family Peer Supporters - various Eastern Ontario locations**

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

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

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

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom an

d hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

**GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Wednesday, October 9, 2024**

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### **Child & Family Clinic**

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

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

### **PLEO Family Peer Supporters - various Eastern Ontario locations**

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

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

#### Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

Date and Time: Wednesday, October 9 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

**GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Thursday, October 10, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Thursday, October 10 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
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Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Child & Family Clinic

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

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

## Youth Services Bureau Walk-In Clinic

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

Address: 300-1355 Bank Street

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

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

## Youth Services Bureau Walk-In Clinic

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

Address: 2225 Mer Bleue Road

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

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

## Drop-In VIRTUAL parent support groups

Date and Time: Thursday, October 10 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental he

alth or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

**GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

**GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Friday, October 11, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

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

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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#### Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

Date and Time: Friday, October 11 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## Saturday, October 12, 2024

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### Drop-In VIRTUAL parent support groups

Date and Time: Saturday, October 12 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

**GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

**GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

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**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Sunday, October 13, 2024**

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### **Drop-In VIRTUAL parent support groups**

Date and Time: Sunday, October 13 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

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Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Monday, October 14, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Monday, October 14 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)

- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

Date and Time: Monday, October 14 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

### **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling

with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## Tuesday, October 15, 2024

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, October 15 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

### Circle of Security Parenting group

Date and Time: Tuesday, October 15 10:00 am - 12:00 pm

Address: virtual

Group for parents/caregivers of children aged 0 - 18. Weekly from 10:00 AM to 12:00 PM.

### Pens and Paint

Date and Time: Tuesday, October 15 6:00 pm - 8:00 pm

Address: Youth Net

FREE! Learn coping skills, connect with other, express yourself! To register, call or email.

## **Drop-In VIRTUAL parent support groups**

Date and Time: Tuesday, October 15 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

### **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

## Wednesday, October 16, 2024

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### Child & Family Clinic

Date and Time: Wednesday, October 16 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, October 16 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

Date and Time: Wednesday, October 16 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

### **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, October 17 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Child & Family Clinic

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

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

## Youth Services Bureau Walk-In Clinic

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

Address: 300-1355 Bank Street

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

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

## Youth Services Bureau Walk-In Clinic

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

Address: 2225 Mer Bleue Road

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

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

## Drop-In VIRTUAL parent support groups

Date and Time: Thursday, October 17 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thurs

day (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Drop in Rural Ottawa Parent support group (Manotick, Ontario)**

Date and Time: Thursday, October 17 6:30 pm - 8:00 pm

Address: 5581 Doctor Leach Drive, Manotick

This free drop-in parent support group for parents and caregivers of children ages 0-25 facing mental health or addiction challenges, is held every third Thursday of each month from 6:30pm to 8pm at Hyfield Place (5581 Doctor Leach Drive, Manotick, ON) and hosted and facilitated by Pleo Family Peer Supporters, in partnership with: Youth of Manotick Association (YOMA).

No registration or RSVP, just drop-in to join.

**\*Visitor parking along the fence.**

Upcoming dates:

*Thursday August 15, 2024, 6:30pm-8pm*

*Thursday September 19, 2024, 6:30pm-8pm*

*Thursday October 17, 2024, 6:30pm-8pm*

*Thursday November 21, 2024, 6:30pm-8pm*

## **Friday, October 18, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Friday, October 18 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

#### Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

Date and Time: Friday, October 18 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Saturday, October 19, 2024**

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### **Drop-In VIRTUAL parent support groups**

Date and Time: Saturday, October 19 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

**GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

**GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Sunday, October 20, 2024**

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### **Drop-In VIRTUAL parent support groups**

Date and Time: Sunday, October 20 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent support group for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

**GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

**GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Monday, October 21, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Monday, October 21 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)

- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

Date and Time: Monday, October 21 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

### **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling

with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## Tuesday, October 22, 2024

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### PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, October 22 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

### Circle of Security Parenting group

Date and Time: Tuesday, October 22 10:00 am - 12:00 pm

Address: virtual

Group for parents/caregivers of children aged 0 - 18. Weekly from 10:00 AM to 12:00 PM.

### Circle of Security Parenting group

Date and Time: Tuesday, October 22 5:30 pm - 7:30 pm

Address: virtual

Group for parents/caregivers of children aged 0 - 18. Weekly from 5:30 PM to 7:30 PM.

## Pens and Paint

Date and Time: Tuesday, October 22 6:00 pm - 8:00 pm

Address: Youth Net

FREE! Learn coping skills, connect with other, express yourself! To register, call or email.

## Drop-In VIRTUAL parent support groups

Date and Time: Tuesday, October 22 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session

, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Wednesday, October 23, 2024**

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### **Child & Family Clinic**

Date and Time: Wednesday, October 23 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Wednesday, October 23 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

## Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

Date and Time: Wednesday, October 23 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

## **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Thursday, October 24, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Thursday, October 24 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

### **Child & Family Clinic**

Date and Time: Thursday, October 24 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, October 24 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

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

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

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, October 24 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

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

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

## Drop-In VIRTUAL parent support groups

Date and Time: Thursday, October 24 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

**GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health

health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

**GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

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**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Friday, October 25, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Friday, October 25 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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Youth Wellness Hubs:

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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Drop-In VIRTUAL parent support groups

Date and Time: Friday, October 25 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

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### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

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### **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Dro**

## p-In Support Group for family and friends of those struggling with addictions or addictive behaviors.

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Saturday, October 26, 2024**

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### **Drop-In VIRTUAL parent support groups**

Date and Time: Saturday, October 26 6:30 pm - 8:00 pm

Address: zoom

#### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

#### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

#### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Sunday, October 27, 2024**

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### **Drop-In VIRTUAL parent support groups**

Date and Time: Sunday, October 27 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent support group for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

**GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

**GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed)

osed) Registration is required. We ask parents to attend all dates in a session and to only register for one session , as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Monday, October 28, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Monday, October 28 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

### **Drop in Rural Ottawa Parent support group (Richmond, Ontario)**

Date and Time: Monday, October 28 6:30 pm - 8:00 pm

Address: 5944 Perth Street, Richmond Ontario

*Find support, learn from other parents' experiences, share information and resources, and build your sense of community in a safe, confidential space hosted and facilitated by Pleo Family Peer Supporters.*

**Drop-In Rural Ottawa Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges. Last Monday of each month. Location: Richmond, Ontario**

This free drop-in parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every last Monday of each month from 6:30pm to 8pm at Willow Wellness (5944 Perth St, Richmond, ON) and hosted and facilitated by Pleo Family Peer Supporters, in partnership with: Willow Wellness and Rural Ottawa Youth Mental Health Collective.

NO REGISTRATION - JUST DROP IN!

## **Drop-In VIRTUAL parent support groups**

Date and Time: Monday, October 28 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

**GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

**GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session

2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

### **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Tuesday, October 29, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Tuesday, October 29 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

### **Circle of Security Parenting group**

Date and Time: Tuesday, October 29 10:00 am - 12:00 pm

Address: virtual

Group for parents/caregivers of children aged 0 - 18. Weekly from 10:00 AM to 12:00 PM.

## Circle of Security Parenting group

Date and Time: Tuesday, October 29 5:30 pm - 7:30 pm

Address: virtual

Group for parents/caregivers of children aged 0 - 18. Weekly from 5:30 PM to 7:30 PM.

## Pens and Paint

Date and Time: Tuesday, October 29 6:00 pm - 8:00 pm

Address: Youth Net

FREE! Learn coping skills, connect with other, express yourself! To register, call or email.

## Drop-In VIRTUAL parent support groups

Date and Time: Tuesday, October 29 6:30 pm - 8:00 pm

Address: zoom

### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer**

## **taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

## **Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Wednesday, October 30, 2024**

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### **Child & Family Clinic**

Date and Time: Wednesday, October 30 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Wednesday, October 30 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM

- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
- Cornwall - L'Équipe psycho-sociale pour enfants et adolescents francophones Cornwall et S D G: 610 McConnell Avenue (Bilingual supporter on-site Wednesdays from 1:00 PM to 4:00 PM)
- Embrun - Valoris for children and adults of Prescott Russell (8 Valoris Street) - virtual appointments available (please email Chantal [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
- Rockland - 860 Caron Street. Supporter available by appointment [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca)

#### Youth Wellness Hubs:

- Cornwall = 212 Pitt Street (Peer supporter on site Thursday August 22, 2024 from 1:00 PM to 4:00 PM)
- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

### Drop-In VIRTUAL parent support groups

Date and Time: Wednesday, October 30 6:30 pm - 8:00 pm

Address: zoom

#### **GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

This free drop-in virtual parent support group for parents and caregivers of children ages 0-12 facing mental health or addiction challenges, is held every 2nd (bilingual) and 4th Tuesday (offered in English) of each month from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters. On the 4th Tuesday of each month, we offer a topic-based Virtual Parent Information night with a new topic each month (August 27, 2024 topic: The Teen Brain/Pre-puberty: what to expect regarding mental health) co-hosted and co-facilitated by Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

#### **GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

#### **GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

This free virtual parent support group for parents and caregivers of suicidal youth to age 25, is held every Thursday (April 18-September 26) from 6pm to 7:30pm on Zoom and co-hosted and co-facilitated by a Pleo Family

Supporter in partnership with an Addictions Counsellor from The Robbie Dean Counselling Centre. We are offering 3 sessions of this support group. Each session runs for 8 weeks every Thursday, from 6pm-7:30pm, starting on April 18 and ending on September 26. Session 1 runs April 18-June 6. (Registration has closed) Session 2 runs June 13-August 1. (Registration has closed) Session 3 runs August 8-September 26. (Registration has closed) Registration is required. We ask parents to attend all dates in a session and to only register for one session, as spaces are limited.

**Group # 4 - every Thursday from 7:00 PM to 8:30 PM. Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors.**

Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

## **Thursday, October 31, 2024**

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### **PLEO Family Peer Supporters - various Eastern Ontario locations**

Date and Time: Thursday, October 31 9:00 am - 8:00 pm

Address: in person and virtual

Meet a Pleo Family Peer Supporter on-site in your community for one-on-one support, at one of our partner mental health agencies, community service organizations and hospitals. Virtual appointments available.

- Ottawa - Youth Services Bureau (YSB) - 1355 Bank Street, Suite 300: Bilingual Family Peer supporter on-site Tuesdays from 12:00 PM to 7:00 PM
- Cornwall - Cornwall Hospital Community Addiction and Mental Health Centre - 850 McConnell Avenue: Bilingual family peer supporter on site Thursdays from 9:00 AM to 12:00 PM
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- Rockland = 1517 Laurier Street (supporter available by virtual appointment on August 26, 2024 from 4:00 to 7:00 PM [chantal@pleo.on.ca](mailto:chantal@pleo.on.ca))

## Child & Family Clinic

Date and Time: Thursday, October 31 12:00 pm - 8:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, October 31 12:00 pm - 8:00 pm

Address: 300-1355 Bank Street

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

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

## Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, October 31 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

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

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

## Drop-In VIRTUAL parent support groups

Date and Time: Thursday, October 31 6:30 pm - 8:00 pm

Address: zoom

**GROUP # 1 - Every 2nd and 4th Tuesday from 6:30 PM to 8:00 PM (Drop In Virtual parent group support for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.**

Drop-In Virtual Parent Support Group Support Group 0-12 for parents and caregivers of children ages 0-12 facing mental health or addiction challenges. Every 2nd and 4th Tuesday.

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y Pleo Family Peer Supporters in partnership with mental health clinicians from Open Doors for Lanark Children and Youth. No registration or RSVP, just drop-in to join. Join here: <https://us02web.zoom.us/j/85109801085>

**GROUP # 2 - Every Wednesday (4th Wednesday is bilingual) from 6:30 PM to 8:30 PM. Drop-In Virtual Parent Support Group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges**

This free drop-in virtual parent support group for parents and caregivers of children ages 13-25 facing mental health or addiction challenges, is held every Wednesday (4th Wed is bilingual) from 6:30pm to 8pm on Zoom and hosted and facilitated by Pleo Family Peer Supporters.

Join here: <https://us02web.zoom.us/j/83150489909>

**GROUP # 3 - Every Thursday from 6:00 PM to 7:30 PM (Registration closed August 8, 2024 - no longer taking registrations after August 8, 2024). Parents of Suicidal Youth to age 25.**

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Smart Recovery Family and Friends Virtual Drop-In Support Group for family and friends of those struggling with addictions or addictive behaviors. Every Thursday.

Join here: <https://us02web.zoom.us/j/293138126>

<https://calendar.kidscomefirst.ca>