

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			<p><u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm</p> <p><u>Crossroads - Child & Family Clinic</u> 9:00 am - 12:00 pm</p> <p><u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am</p> <p><u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm</p>	<p><u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm</p> <p><u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am</p> <p><u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm</p> <p><u>School Based Counselling - Open Doors for Lanark</u></p>	<p><u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm</p> <p><u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am</p> <p><u>Youth Wellness Hub for Youth - Walk-in Alexandria</u> 9:00 am - 4:00 pm</p> <p><u>Youth Wellness Hub for Youth - Walk-in Alexandria</u> 9:00 am -</p>	<p><u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm</p> <p><u>The Walk-In Counselling Clinic - Family Services Ottawa</u> 12:00 pm - 5:00 pm</p> <p><u>Around The Rainbow Art & Play Drop In Group - Family Services Ottawa</u> 1:00 pm - 4:00 pm</p>

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

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

Youth Wellness Hub for Youth - Walk-in Hawkesbury
9:00 am - 3:00 pm

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

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

Children & Youth
9:00 am - 3:00 pm

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

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

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

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

Nobody's Perfect - Bethany Hope Centre
10:00 am -

4:00 pm

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

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

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

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

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

L'éveil des
tout-petits -
Vanier
Community
Services
Centre
9:30 am -
11:30 am

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

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

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

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

The Walk-In

11:45 am
Youth
Wellness
Hub for
Youth -
Walk-in
Rockland
11:00 am -
7:00 pm

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

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

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

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

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

9:00 am -
5:00 pm

The Walk-In
Counselling
Clinic -
CFS/SFC
Ottawa
12:00 pm -
5:00 pm

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

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

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

			<u>Counselling Clinic - Jewish Family Services</u> 12:00 pm - 8:00 pm			
5	6	7	8	9	10	11
<u>Creating Opportuniti es & Resources Against the Trafficking of HUMANS (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of HUMANS (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of HUMANS (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of HUMANS (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of HUMANS (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of HUMANS (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm	<u>Creating Opportuniti es & Resources Against the Trafficking of HUMANS (CORATH) - Roberts Smart Centre</u> 7:00 am - 7:00 pm
<u>The Walk-In Counselling Clinic - Jewish Family Services</u> 12:00 pm - 5:00 pm	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am	<u>Crossroads - Child & Family Clinic</u> 9:00 am - 12:00 pm	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am	<u>The Walk-In Counselling Clinic - Family Services Ottawa</u> 12:00 pm - 5:00 pm
	<u>Support Groups - Open Doors for Lanark Children & Youth</u> 9:00 am - 12:00 pm	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>Counselling Services - Vanier Community Service Centre</u> 9:00 am - 11:30 am	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Embrun</u> 9:00 am - 4:00 pm	
	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Embrun</u> 9:00 am - 5:00 pm	<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	
	<u>School Based</u>	<u>School</u>	<u>Franc Succès - Vanier Community Services</u>		<u>Early Learning and</u>	

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

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

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

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

13

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

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

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

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

School Based Counselling - Open Doors for Lanark

14

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

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

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

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

Talk-In Single Sessions - Open Doors for Lanark

15

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

Crossroads - Child & Family Clinic
9:00 am - 12:00 pm

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

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

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

16

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

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

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

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

Brief Counselling Services - Open Doors for Lanark

17

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

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

Youth Wellness Hub for Youth - Walk-in Alexandria
9:00 am - 4:00 pm

Youth Wellness Hub for Youth - Walk-in Alexandria
9:00 am - 4:00 pm

Early Learning and Parenting Workshops - Pinecrest Queensway Community

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

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

<u>Children & Youth</u> 9:00 am - 3:00 pm	<u>Children & Youth</u> 9:00 am - 5:00 pm	<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm	<u>Children & Youth</u> 9:00 am - 3:00 pm	<u>Health Centre</u> 9:00 am - 5:00 pm
<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Youth Wellness Hub for Youth - Walk-in Hawkesbury</u> 9:00 am - 3:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm
<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:00 pm	<u>Brief Counselling Services - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm
<u>Walk-In Clinic - Le Cap</u> 11:00 am - 8:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 10:00 am - 4:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Cornwall</u> 10:00 am - 4:00 pm	<u>School Based Counselling - Open Doors for Lanark Children & Youth</u> 9:00 am - 3:00 pm
<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 1:00 pm - 7:00 pm	<u>Baby Love - Bethany Hope Centre</u> 10:00 am - 11:45 am	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Nobody's Perfect - Bethany Hope Centre</u> 10:00 am - 11:45 am	<u>Talk-In Single Sessions - Open Doors for Lanark Children & Youth</u> 9:00 am - 5:00 pm
<u>Youth Wellness Hub for parents and care givers - Walk-in Rockland</u> 4:00 pm - 7:00 pm	<u>SMART Recovery</u> 12:00 pm - 1:30 pm	<u>L'éveil des tout-petits - Vanier Community Services Centre</u> 9:30 am - 11:30 am	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 11:00 am - 7:00 pm	<u>The Walk-In Counselling Clinic - CFS/SFC Ottawa</u> 12:00 pm - 5:00 pm
<u>Somali Youth</u>	<u>Bureau</u> 12:00 pm -	<u>Drop in support -</u>	<u>The Walk-In</u>	<u>Youth Drop</u>

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

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

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

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

Support Groups - Open Doors for Lanark Children & Youth
9:00 am - 12:00 pm

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

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

Brief Counselling Services -

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

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

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

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

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

Early Learning

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

Crossroads - Child & Family Clinic
9:00 am - 12:00 pm

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

Youth Wellness Hub for Youth - Walk-in Embrun
9:00 am - 5:00 pm

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

Early Learning and Parenting Workshops - Pinecrest Queensway Community

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

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

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

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

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

School

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

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

Youth Wellness Hub for Youth - Walk-in Embrun
9:00 am - 4:00 pm

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

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

Talk-In Single

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

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

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

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

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

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

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

Drop In
Support -
Open Doors
for Lanark
Children &
Youth
1:00 pm -
8:00 pm

Somali

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

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

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

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

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

SMART
Recovery
12:00 pm -
1:30 pm

The Walk-In
Counselling
Clinic -
Family
Services

Health
Centre
9:00 am -
5:00 pm

Youth
Wellness
Hub for
Youth -
Walk-in
Hawkesbury
9:00 am -
3:00 pm

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

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

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

L'éveil des
tout-petits -
Vanier
Community
Services
Centre
9:30 am -
11:30 am

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

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

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

Nobody's
Perfect -
Bethany
Hope
Centre
10:00 am -
11:45 am

Youth
Wellness
Hub for
Youth -
Walk-in
Rockland
11:00 am -
7:00 pm

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

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

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

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

The Walk-In
Counselling
Clinic -
CFS/SFC
Ottawa
12:00 pm -
5:00 pm

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

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

Somali
Youth
Support

	<p><u>Youth Support Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</u> 6:00 pm - 8:00 pm</p>	<p><u>Ottawa</u> 12:00 pm - 8:00 pm</p> <p><u>The Walk-In Counselling Clinic - Somerset West Community Centre</u> 12:00 pm - 6:30 pm</p> <p><u>The Walk-In Counselling Clinic - South East Ottawa Community Centre</u> 12:00 pm - 6:30 pm</p> <p><u>Youth Wellness Hub for Youth - Walk-in Cornwall</u> 12:00 pm - 8:00 pm</p>	<p><u>Drop in support - Children's mental health of Leeds & Grenville</u> 11:00 am - 7:00 pm</p> <p><u>Drop in support group - Équipe psycho-sociale pour enfants et adolescents francophones</u> 12:00 pm - 4:00 pm</p> <p><u>The Walk-In Counselling Clinic - Jewish Family Services</u> 12:00 pm - 8:00 pm</p> <p><u>The Walk-In Counselling Clinic - Centretown Community Health Centre</u> 12:00 pm - 8:00 pm</p>	<p><u>E-walk-in Counselling Clinic</u> 11:30 am - 6:00 pm</p> <p><u>Crossroads - Child & Family Clinic</u> 12:00 pm - 8:00 pm</p> <p><u>The Walk-In Counselling Clinic - CFS/SFC Ottawa</u> 12:00 pm - 8:00 pm</p> <p><u>SMART Recovery</u> 12:00 pm - 1:30 pm</p>	<p><u>Project and Somali Parent Supports - Pinecrest Queensway Community Health Centre</u> 6:00 pm - 8:00 pm</p>	
26	27	28	29	30	1	2
<p><u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart</u></p>	<p><u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart</u></p>	<p><u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart</u></p>	<p><u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart</u></p>	<p><u>Creating Opportunities & Resources Against the Trafficking of Humans (CORATH) - Roberts Smart</u></p>		

Centre
7:00 am -
7:00 pm

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

Centre
7:00 am -
7:00 pm

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

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

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

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

Early
Learning
and
Parenting
Workshops -
Pinecrest

Centre
7:00 am -
7:00 pm

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

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

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

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

Franc
Succès -
Vanier
Community
Services
Centre

Centre
7:00 am -
7:00 pm

Crossroads -
Child &
Family
Clinic
9:00 am -
12:00 pm

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

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9:00 am -
3:00 pm

Franc
Succès -
Vanier
Community
Services
Centre

<u>Queensway Community Health Centre</u> 9:00 am - 5:00 pm	9:00 am - 5:45 pm	<u>Youth Wellness Hub for Youth - Walk-in Hawkesbury</u> 9:00 am - 3:00 pm	9:00 am - 5:45 pm
<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Early Learning and Parenting Workshops - Pinecrest Queensway Community Health Centre</u> 9:00 am - 5:00 pm
<u>Walk-In Clinic - Le Cap</u> 11:00 am - 8:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 10:00 am - 4:00 pm	<u>Queensway Community Health Centre</u> 9:00 am - 5:00 pm	<u>Youth Wellness Hub for Youth - Walk-in Cornwall</u> 10:00 am - 4:00 pm
<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 1:00 pm - 7:00 pm	<u>Baby Love - Bethany Hope Centre</u> 10:00 am - 11:45 am	<u>Franc Succès - Vanier Community Services Centre</u> 9:00 am - 5:45 pm	<u>Nobody's Perfect - Bethany Hope Centre</u> 10:00 am - 11:45 am
<u>Youth Wellness Hub for parents and care givers - Walk-in Rockland</u> 4:00 pm - 7:00 pm	<u>SMART Recovery</u> 12:00 pm - 1:30 pm	<u>L'éveil des tout-petits - Vanier Community Services Centre</u> 9:30 am - 11:30 am	<u>Youth Wellness Hub for Youth - Walk-in Rockland</u> 11:00 am - 7:00 pm
<u>Somali Youth Support</u>	<u>Bureau</u> 12:00 pm - 8:00 pm	<u>Drop in support - Children's</u>	<u>The Walk-In Counselling</u>

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

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

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

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

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

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

mental health of Leeds & Grenville
11:00 am - 7:00 pm

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

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

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

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

Clinic - Renfrew County
11:30 am - 6:00 pm

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

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

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

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