

Friday, November 1, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, November 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)
- 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

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)

Drop-In VIRTUAL parent support groups

Date and Time: Friday, November 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 for

om 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, November 2, 2024

Drop-In VIRTUAL parent support groups

Date and Time: Saturday, November 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 support group for parents/caregivers of children aged 0 to 12 facing mental health or addiction challenges.

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Sunday, November 3, 2024

Drop-In VIRTUAL parent support groups

Date and Time: Sunday, November 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.

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

Monday, November 4, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, November 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.

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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)

Single sessions - Talk in services

Date and Time: Monday, November 4 10:00 am - 6:00 pm

Address: Perth, Smith Falls and Carleton Place

Talk-in services provide you and/or your children with 60-90 minute single counselling session which focuses on your strengths and abilities. The session will aim to help you and/or your children navigate one current challenge, create change and develop new strategies to get “un-stuck” from a difficult place. Many people find that a single session is all that is required, but if on going support is needed, a referral can be made to another service after this session.

Fridays are virtual.

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

Brief Counselling Services

Date and Time: Monday, November 4 10:00 am - 6:00 pm

Address: Perth, Smith Falls and Carleton Place

This person-centred, strengths-focused service offers participants a focused conversation with children, youth, and families to explore solutions to resolve their presenting concerns.

Provide up to 4 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth - (613) 264-1415

Smiths Falls - (613) 283-8260

Carleton Place - (613) 257-8260

Drop-In VIRTUAL parent support groups

Date and Time: Monday, November 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.

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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

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

Tuesday, November 5, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, November 5 9:00 am - 8:00 pm

Address: in person and virtual

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Single sessions - Talk in services

Date and Time: Tuesday, November 5 10:00 am - 6:00 pm

Address: Perth, Smith Falls and Carleton Place

Talk-in services provide you and/or your children with 60-90 minute single counselling session which focuses

on your strengths and abilities. The session will aim to help you and/or your children navigate one current challenge, create change and develop new strategies to get “un-stuck” from a difficult place. Many people find that a single session is all that is required, but if on going support is needed, a referral can be made to another service after this session.

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

Circle of Security Parenting group

Date and Time: Tuesday, November 5 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.

Brief Counselling Services

Date and Time: Tuesday, November 5 10:00 am - 6:00 pm

Address: Perth, Smith Falls and Carleton Place

This person-centred, strengths-focused service offers participants a focused conversation with children, youth, and families to explore solutions to resolve their presenting concerns.

Provide up to 4 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth - (613) 264-1415

Smiths Falls - (613) 283-8260

Carleton Place - (613) 257-8260

Circle of Security Parenting group

Date and Time: Tuesday, November 5 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, November 5 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, November 5 6:30 pm - 8:00 pm

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

Date and Time: Tuesday, November 5 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 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

Wednesday, November 6, 2024

Child & Family Clinic

Date and Time: Wednesday, November 6 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, November 6 9:00 am - 8:00 pm

Address: in person and virtual

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Address: zoom

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Thursday, November 7, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, November 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.

- 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)
- 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

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)

Single sessions - Talk in services

Date and Time: Thursday, November 7 10:00 am - 6:00 pm

Address: Perth, Smith Falls and Carleton Place

Talk-in services provide you and/or your children with 60-90 minute single counselling session which focuses on your strengths and abilities. The session will aim to help you and/or your children navigate one current challenge, create change and develop new strategies to get “un-stuck” from a difficult place. Many people find that a single session is all that is required, but if on going support is needed, a referral can be made to another service after this session.

Fridays are virtual.

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

Brief Counselling Services

Date and Time: Thursday, November 7 10:00 am - 6:00 pm

Address: Perth, Smith Falls and Carleton Place

This person-centred, strengths-focused service offers participants a focused conversation with children, youth, and families to explore solutions to resolve their presenting concerns.

Provide up to 4 sessions with the same counsellor following initial talk-in session. Psychotherapists or social workers using evidence informed treatments will engage in therapeutic conversations with those accessing this service to collaboratively create solutions to concerns raised.

Perth - (613) 264-1415

Smiths Falls - (613) 283-8260

Carleton Place - (613) 257-8260

Child & Family Clinic

Date and Time: Thursday, November 7 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, November 7 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, November 7 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, November 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 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>

Friday, November 8, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, November 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
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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)

Drop-In VIRTUAL parent support groups

Date and Time: Friday, November 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.

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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>

Saturday, November 9, 2024

Drop-In VIRTUAL parent support groups

Date and Time: Saturday, November 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.

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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.

Sunday, November 10, 2024

Drop-In VIRTUAL parent support groups

Date and Time: Sunday, November 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 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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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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Join here: <https://us02web.zoom.us/j/293138126>

Monday, November 11, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, November 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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- Rockland - 860 Caron Street. Supporter available by appointment 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)

Drop-In VIRTUAL parent support groups

Date and Time: Monday, November 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.

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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>

Tuesday, November 12, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, November 12 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)
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 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)

Circle of Security Parenting group

Date and Time: Tuesday, November 12 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, November 12 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, November 12 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, November 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.

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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

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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>

Wednesday, November 13, 2024

Date and Time: Wednesday, November 13 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, November 13 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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Drop-In VIRTUAL parent support groups

Date and Time: Wednesday, November 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.

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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.

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, November 14, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, November 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)
- 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

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)

Child & Family Clinic

Date and Time: Thursday, November 14 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, November 14 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

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

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

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, November 14 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.

Drop-In VIRTUAL parent support groups

Date and Time: Thursday, November 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 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>

Friday, November 15, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, November 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)
- 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

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)

Drop-In VIRTUAL parent support groups

Date and Time: Friday, November 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 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 fac

ing mental health or addiction challenges. Every 2nd and 4th Tuesday.

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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, November 16, 2024

Drop-In VIRTUAL parent support groups

Date and Time: Saturday, November 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 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>

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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, November 17, 2024

Drop-In VIRTUAL parent support groups

Date and Time: Sunday, November 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>

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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>

Monday, November 18, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, November 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
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- 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

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)

Drop-In VIRTUAL parent support groups

Date and Time: Monday, November 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

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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>

Tuesday, November 19, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, November 19 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)
- Pembroke - 705 MacKay Street: Supporter on site Thursday August 8, 2024 from 10:00 AM to 12:00 PM
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Circle of Security Parenting group

Date and Time: Tuesday, November 19 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, November 19 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, November 19 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, November 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.

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

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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>

Wednesday, November 20, 2024

Child & Family Clinic

Date and Time: Wednesday, November 20 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, November 20 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)

Drop-In VIRTUAL parent support groups

Date and Time: Wednesday, November 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 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

1 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, November 21, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, November 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)
- 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

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)

Child & Family Clinic

Date and Time: Thursday, November 21 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, November 21 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, November 21 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, November 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>

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

Date and Time: Thursday, November 21 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, November 22, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, November 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)
- 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

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)

Drop-In VIRTUAL parent support groups

Date and Time: Friday, November 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>

Saturday, November 23, 2024

Drop-In VIRTUAL parent support groups

Date and Time: Saturday, November 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.

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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, November 24, 2024

Drop-In VIRTUAL parent support groups

Date and Time: Sunday, November 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 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, November 25, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Monday, November 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
- 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)
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- Rockland - 860 Caron Street. Supporter available by appointment 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)

Drop-In VIRTUAL parent support groups

Date and Time: Monday, November 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.

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 Childr

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

Tuesday, November 26, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Tuesday, November 26 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)
- 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

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)

Circle of Security Parenting group

Date and Time: Tuesday, November 26 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, November 26 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, November 26 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, November 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.

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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>

Wednesday, November 27, 2024

Child & Family Clinic

Date and Time: Wednesday, November 27 9:00 am - 12:00 pm

Address: 1755 Courtwood Crescent, Ottawa

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

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

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

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Wednesday, November 27 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 - 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)
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- 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

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)

Drop-In VIRTUAL parent support groups

Date and Time: Wednesday, November 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 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 for

om 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, November 28, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Thursday, November 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)
- 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

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)

Child & Family Clinic

Date and Time: Thursday, November 28 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, November 28 12:00 pm - 8:00 pm

Address: 2225 Mer Bleue Road

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

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

Youth Services Bureau Walk-In Clinic

Date and Time: Thursday, November 28 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.

Drop-In VIRTUAL parent support groups

Date and Time: Thursday, November 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.

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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 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, November 29, 2024

PLEO Family Peer Supporters - various Eastern Ontario locations

Date and Time: Friday, November 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.

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Drop-In VIRTUAL parent support groups

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

Saturday, November 30, 2024

Drop-In VIRTUAL parent support groups

Date and Time: Saturday, November 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 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.

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

<https://calendar.kidscomefirst.ca>