



## FAMILY PEER SUPPORT GROUP CALENDAR - 2024

Dates:	Discussion Topics:
January 1, 2024	Closed - Holiday
January 8, 2024	Open Discussion, Sharing and Support (in-person)
January 15, 2024	Open Discussion, Sharing and Support (on Zoom)
January 22, 2024	Coping With Loneliness (in-person)
January 29, 2024	The Importance of Having Alone Time (on Zoom)
February 5, 2024	Open Discussion, Sharing and Support (in-person)
February 12, 2024	Open Discussion, Sharing and Support (on Zoom)
February 19, 2024	Closed - Holiday
February 26, 2024	A Talk About Patience (in-person)
March 4, 2024	Getting Different Results by Pushing a Different Button (on Zoom)
March 11, 2024	Open Discussion, Sharing and Support (in-person)
March 18, 2024	Open Discussion, Sharing and Support (on Zoom)
March 25, 2024	Embrace Your Rituals (in-person)
April 1, 2024	Closed - Holiday
April 8, 2024	I Matter (on Zoom)
April 15, 2024	Open Discussion, Sharing and Support (in-person)
April 22, 2024	Open Discussion, Sharing and Support (on Zoom)
April 29, 2024	The Importance of Sleep (in-person)
May 6, 2024	The Power of Vulnerability (on Zoom)
May 13, 2024	Open Discussion, Sharing and Support (in-person)
May 20, 2024	Closed - Holiday
May 27, 2024	Open Discussion, Sharing and Support (on Zoom)
June 3, 2024	Kindness in the Face of Aggression and Anger (in-person)
June 10, 2024	When Aggressive Behavior Becomes the Norm (on Zoom)
June 17, 2024	Open Discussion, Sharing and Support (in-person)
June 24, 2024	Open Discussion, Sharing and Support (on Zoom)
July 1, 2024	Closed - Holiday
July 8, 2024	Staying Out Of The Middle (in-person)
July 15, 2024	Owning Our Energy (on Zoom)
July 22, 2024	Open Discussion, Sharing and Support (in-person)
July 29, 2024	Open Discussion, Sharing and Support (on Zoom)
August 5, 2024	Closed - Holiday

Dates:	Discussion Topics:
August 12, 2024	I Am The Only Support They Have (in-person)
August 19, 2024	I Just Need to Get Through This (on Zoom)
August 26, 2024	Open Discussion, Sharing and Support (in-person)
September 2, 2024	Closed - Holiday
September 9, 2024	Open Discussion, Sharing and Support (on Zoom)
September 16, 2024	Feeling Abandoned (in-person)
September 23, 2024	Finding Support For Myself (on Zoom)
September 30, 2024	Closed - Holiday
October 7, 2024	Open Discussion, Sharing and Support (in-person)
October 14, 2024	Closed - Holiday
October 21, 2024	Open Discussion, Sharing and Support (on Zoom)
October 28, 2024	Physical Activity and Joy (in-person)
November 4, 2024	The Importance of Light (on Zoom)
November 11, 2024	Open Discussion, Sharing and Support (in-person)
November 18, 2024	Open Discussion, Sharing and Support (on Zoom)
November 25, 2024	The Art of Extreme Self-Care (in-person)
December 2, 2024	The Smallest Thing Done Today (on Zoom)
December 9, 2024	Open Discussion, Sharing and Support (in-person)
December 16, 2024	Open Discussion, Sharing and Support (on Zoom)
December 23, 2024	Holiday Joy and Dread (in-person)
December 30, 2024	Closed

**Meeting Location & Time: Mondays 6:30 to 8:30 PM on Zoom or in-person.**

***In-Person: 211 Bronson Ave. Room 212, Ottawa K1R 6H5\****

*For more information, please contact: Sean Dillon email: SeanD@pso-ottawa.ca, or Beata Ziolkowski email: BeataZ@pso-ottawa.ca*

*\*Free evening parking (after 3pm) available behind the Bronson Centre building (off Nepean St.)*

