



# FAMILY PEER SUPPORT CALENDAR OF TOPICS

## April – June 2025

Month:	Mondays:	Topic:	Group Type:
<b>April</b>	7-Apr-25	Open Discussion, Sharing and Support	Zoom
	14-Apr-25	Open Discussion, Sharing and Support	In-Person
	21-Apr-25	Holiday – Easter Monday	Closed
	28-Apr-25	Understanding Complicated Family Relationships	Zoom
<b>May</b>	5-May-25	Guilt vs. Shame	In-Person
	12-May-25	Open Discussion, Sharing and Support	Zoom
	19-May-25	Holiday – Victoria Day	Closed
	26-May-25	Open Discussion, Sharing and Support	In-Person
<b>June</b>	2-Jun-25	Impact of Technology...	Zoom
	9-Jun-25	Stopping in the Middle of Chaos	In-Person
	16-Jun-25	Open Discussion, Sharing and Support	Zoom
	23-Jun-25	Open Discussion, Sharing and Support	In-Person
	30-Jun-25	Self-Care in Every Area of Your Life	Zoom

Group Type: **In-person or Zoom**

In-Person Group Location: **211 Bronson Ave. Rm. 212, Ottawa, ON, K1R 6H5 \***

Time: **6:30 – 8:30 PM**

*\* Free parking is available behind the building, after 3 PM, via Nepean St.*

For information please  
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