

FAMILY PEER SUPPORT GROUP CALENDAR – 2023

Dates:	Discussion Topics:
Jan 2, 2023	Statutory Holiday. Closed
Jan 9, 2023	Open Discussion, Sharing and Support (in Person)
Jan 16, 2023	Open Discussion, Sharing and Support (on Zoom)
Jan 23, 2023	The Importance of Sleep (on Zoom)
Jan 30, 2023	Open Discussion, Sharing and Support (on Zoom)
Feb 6, 2023	When Aggressive Behaviour Becomes a Norm (in Person)
Feb 13, 2023	Open Discussion, Sharing and Support on Zoom)
Feb 20, 2023	Statutory Holiday. Closed
Feb 27, 2023	I Am Not Sick I Don't Need Help! (on Zoom)
Mar 6, 2023	Open Discussion, Sharing and Support (in Person)
Mar 13, 2023	Staying out of the Middle (on Zoom)
Mar 20, 2023	Open Discussion, Sharing and Support (on Zoom)
Mar 27, 2023	The Power of Affirmations (on Zoom)
Apr 3, 2023	Open Discussion, Sharing and Support (in Person)
Apr 10, 2023	Statutory Holiday. Closed
Apr 17, 2023	Surviving a Short Crisis (on Zoom)
Apr 24, 2023	Open Discussion, Sharing and Support (on Zoom)
May 1, 2023	Life After Trauma-- How Do I find Myself Again (in Person)
May 8, 2023	Open Discussion, Sharing and Support (on Zoom)
May 15, 2023	Cultivating Acceptance and Respect (on Zoom)
May 22, 2023	Statutory Holiday. Closed
May 29, 2023	Open Discussion, Sharing and Support (on Zoom)
Jun 5, 2023	How to Say No - Learning to Use Your Voice with Grace (in Person)
Jun 12, 2023	Open Discussion, Sharing and Support (on Zoom)
Jun 19, 2023	Surviving a Long Crisis (on Zoom)
Jun 26, 2023	Open Discussion, Sharing and Support (on Zoom)
Jul 3, 2023	Statutory Holiday. Closed
Jul 10, 2023	Generosity When You Have No Energy Left (in Person)
Jul 17, 2023	Open Discussion, Sharing and Support (on Zoom)
Jul 24, 2023	Open Discussion, Sharing and Support (in Person)
Jul 31, 2023	Understanding Complicated Family Relationships (on Zoom)
Aug 7, 2023	Statutory Holiday. Closed

Dates:	Discussion Topics:
Aug 14, 2023	What Can We Learn From Our Emotions? (on Zoom)
Aug 21, 2023	Open Discussion, Sharing and Support (on Zoom)
Aug 28, 2023	Open Discussion, Sharing and Support (in Person)
Sept 4, 2023	Statutory Holiday. Closed
Sept 11, 2023	Building and Maintaining Circle of Support (on Zoom)
Sept 18, 2023	Open Discussion, Sharing and Support (in Person)
Sept 25, 2023	Open Discussion, Sharing and Support (on Zoom)
Oct 2, 2023	Hope and Shame (in Person)
Oct 9, 2023	Statutory Holiday. Closed
Oct 16, 2023	Letting Go of Control (on Zoom)
Oct 23, 2023	Open Discussion, Sharing and Support (in Person)
Oct 30, 2023	Open Discussion, Sharing and Support (on Zoom)
Nov 6, 2023	Letting Go of Timing (in Person)
Nov 13, 2023	Family Bill of Rights (on Zoom)
Nov 20, 2023	Open Discussion, Sharing and Support (in Person)
Nov 27, 2023	Open Discussion, Sharing and Support (on Zoom)
Dec 4, 2023	Giving in a Healthy Way (in Person)
Dec 11, 2023	Open Discussion, Sharing and Support (on Zoom)
Dec 18, 2023	Holiday Joy and Dread (in Person)
Dec 25, 2023	Statutory Holiday. Closed

Meeting Location & Time: Mondays 6:30-8:30 Pm on Zoom or in Person. Please see above for dates.

In person: 211 Bronson Ave. Room 211, 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.)*

