



FAMILY PEER SUPPORT CALENDAR OF TOPICS

October – December 2025

Month:	Mondays:	Topic:	Group Type:
Oct	06-Oct-25	When Things Don't Work – About Problem Solving	Zoom
	13-Oct-25	Holiday – Thanksgiving	Closed
	20-Oct-25	Letting Go of Outcomes	In-Person
	27-Oct-25	Open Discussion, Sharing and Support	Zoom
Nov	03-Nov-25	Open Discussion, Sharing and Support	In-Person
	10-Nov-25	Power Struggles	Zoom
	17-Nov-25	Recovery From Trauma	In-Person
	24-Nov-25	Open Discussion, Sharing and Support	Zoom
Dec	01-Dec-25	Open Discussion, Sharing and Support	In-Person
	08-Dec-25	The Power of Language	Zoom
	15-Dec-25	Strategies For the Holiday Season	In-Person
	22-Dec-25	Open Discussion, Sharing and Support	Zoom
	29-Dec-25	PSO Closed	Closed

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 contact:

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