

Distress Centre of Ottawa & Region Volunteer Training Schedule

JUNE/JULY 2025 - Hybrid Training
June 10th – July 8th

Session No.	Date	Time
	Tuesday, June 10	6:00pm - 9:00pm – in person
	Thursday, June 12	6:00pm - 9:00pm – in person
	Tuesday, June 17	6:00pm - 9:00pm – in person
	Thursday, June 19	6:00pm - 9:00pm – in person
ASIST Workshop – Day 1	Saturday, June 21	8:30am - 4:30pm – in person
ASIST Workshop – Day 2	Sunday, June 22	8:30am - 4:30pm – in person
	Tuesday, June 24	6:00pm - 9:00pm – in person
	Thursday, June 26	6:00pm - 9:00pm – in person
	Thursday, July 3	6:00pm - 9:00pm – in person
	Tuesday, July 8	6:00pm - 9:00pm – in person
PLUS 3 Video Sessions	Asynchronous Videos	To be completed by last class