

Distress Centre of Ottawa & Region Volunteer Training Schedule

MAY/JUNE 2025 - May 13th – June 5th REMOTE *

* All training sessions will be held online over zoom, with the exception of the ASIST weekend, which will be held in person in Ottawa.

Session No.	Date	Time
	Tuesday, May 13	6:00pm - 9:00pm – Online
	Thursday, May 15	6:00pm - 9:00pm – Online
	Tuesday, May 20	6:00pm - 9:00pm – Online
	Thursday, May 22	6:00pm - 9:00pm – Online
ASIST Workshop – Day 1	Saturday, May 24	8:30am - 4:30pm – in person *
ASIST Workshop – Day 2	Sunday, May 25	8:30am - 4:30pm – in person *
	Tuesday, May 27	6:00pm - 9:00pm – Online
	Thursday, May 29	6:00pm - 9:00pm – Online
	Tuesday, June 3	6:00pm - 9:00pm – Online
	Thursday, June 5	6:00pm - 9:00pm – Online
PLUS 3 Video Sessions	Asynchronous Videos	To be completed by last class

* If you are applying from outside of Ottawa (within Canada) and cannot attend the ASIST weekend in person, you can take the two-day certified workshop through Living Works <https://livingworks.net/> at your own expense. We would require proof of completion prior June 5th.