

Distress Centre of Ottawa & Region Volunteer Training Schedule

JANUARY/FEBRUARY 2025 - Hybrid Training January 21st – February 13th

Session No.	Date	Time
	Tuesday, January 21	6:00pm - 9:00pm – in person
	Thursday, January 23	6:00pm - 9:00pm – in person
	Tuesday, January 28	6:00pm - 9:00pm – in person
	Thursday, January 30	6:00pm - 9:00pm – in person
ASIST Workshop – Day 1	Saturday, February 1	8:30am - 4:30pm – in person
ASIST Workshop – Day 2	Sunday, February 2	8:30am - 4:30pm – in person
	Tuesday, February 4	6:00pm - 9:00pm – in person
	Thursday, February 6	6:00pm - 9:00pm – in person
	Tuesday, February 11	6:00pm - 9:00pm – in person
	Thursday, February 13	6:00pm - 9:00pm – in person
PLUS 3 Video Sessions	Asynchronous Videos	To be completed by last class