

Distress Centre of Ottawa & Region Volunteer Training Schedule

MARCH/APRIL 2025 - Hybrid Training
March 18th – April 13th

Session No.	Date	Time
	Tuesday, March 18	6:00pm - 9:00pm – in person
	Thursday, March 20	6:00pm - 9:00pm – in person
	Tuesday, March 25	6:00pm - 9:00pm – in person
	Thursday, March 27	6:00pm - 9:00pm – in person
ASIST Workshop – Day 1	Saturday, March 29	8:30am - 4:30pm – in person
ASIST Workshop – Day 2	Sunday, March 30	8:30am - 4:30pm – in person
	Tuesday, April 4	6:00pm - 9:00pm – in person
	Thursday, April 6	6:00pm - 9:00pm – in person
	Tuesday, April 11	6:00pm - 9:00pm – in person
	Thursday, April 13	6:00pm - 9:00pm – in person
PLUS 3 Video Sessions	Asynchronous Videos	To be completed by last class