

Distress Centre of Ottawa & Region – Volunteer Training Schedule (SEPTEMBER/OCTOBER 2024)

* Choose Option A or Option B

Option A – Hybrid Training

	Date	Time
	Monday, Sept.16	6:00pm – 9:00pm – in person
	Wednesday, Sept.18	6:00pm – 9:00pm – in person
	Wednesday, Sept.25	6:00pm – 9:00pm – in person
	Wednesday, Oct.2	6:00pm – 9:00pm – in person
ASIST Workshop – Day 1	Saturday, Oct.5	8:30am - 4:30pm – in person
ASIST Workshop – Day 2	Sunday, Oct.6	8:30am - 4:30pm – in person
	Wednesday, Oct. 9	6:00pm – 9:00pm – in person
	Wednesday, Oct.16	6:00pm – 9:00pm – in person
	Monday, Oct.21	6:00pm – 9:00pm – in person
	Wednesday, Oct. 23	6:00pm – 9:00pm – in person
PLUS 4 Video Sessions	Asynchronous Videos	To be completed by last class

Option B – Hybrid Training

	Date	Time
	Tuesday, Sept.17	6:00pm – 9:00pm – in person
	Thursday, Sept.19	6:00pm – 9:00pm – in person
	Tuesday, Sept. 24	6:00pm – 9:00pm – in person
	Thursday, Sept.26	6:00pm – 9:00pm – in person
	Thursday, Oct.3	6:00pm – 9:00pm – in person
ASIST Workshop – Day 1	Saturday, Oct.5	8:30am - 4:30pm – in person
ASIST Workshop – Day 2	Sunday, Oct.6	8:30am - 4:30pm – in person
	Tuesday, Oct.8	6:00pm – 9:00pm – in person
	Tuesday, Oct.15	9:00am – 4:00pm – in person
	Thursday, Oct.17	6:00pm – 9:00pm – in person
PLUS 4 Video Sessions	Asynchronous Videos	To be completed by last class