

Distress Centre of Ottawa & Region Volunteer Training Schedule

APRIL 2026 (April 7th – April 30th)

REMOTE Training * 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, April 7	6:00pm - 9:00pm – Online
	Thursday, April 9	6:00pm - 9:00pm – Online
	Tuesday, April 14	6:00pm - 9:00pm – Online
	Thursday, April 16	6:00pm - 9:00pm – Online
ASIST Workshop – Day 1	Saturday, April 18	8:30am - 4:30pm – in person *
ASIST Workshop – Day 2	Sunday, April 19	8:30am - 4:30pm – in person *
	Tuesday, April 21	6:00pm - 9:00pm – Online
	Thursday, April 23	6:00pm - 9:00pm – Online
	Tuesday, April 28	6:00pm - 9:00pm – Online
	Thursday, April 30	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 April 30th