

Distress Centre of Ottawa & Region Volunteer Training Schedule

JUNE/JULY 2026 (June 9th – July 2nd)

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, June 9	6:00pm - 9:00pm – Online
	Thursday, June 11	6:00pm - 9:00pm – Online
	Tuesday, June 16	6:00pm - 9:00pm– Online
	Thursday, June 18	6:00pm - 9:00pm – Online
ASIST Workshop – Day 1	Saturday, June 20	8:30am - 4:30pm – in person
ASIST Workshop – Day 2	Sunday, June 21	8:30am - 4:30pm – in person
	Tuesday, June 23	6:00pm - 9:00pm – Online
	Thursday, June 25	6:00pm - 9:00pm – Online
	Tuesday, June 30	6:00pm - 9:00pm – Online
	Thursday, July 2	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 July 2nd