

## Distress Centre of Ottawa & Region Volunteer Training Schedule

### JUNE/JULY 2025 - June 10<sup>th</sup> – July 8<sup>th</sup> REMOTE

\* 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 10	6:00pm - 9:00pm – Online
	Thursday, June 12	6:00pm - 9:00pm – Online
	Tuesday, June 17	6:00pm - 9:00pm – Online
	Thursday, June 19	6:00pm - 9:00pm – Online
<b>ASIST Workshop – Day 1</b>	Saturday, June 21	8:30am - 4:30pm – in person*
<b>ASIST Workshop – Day 2</b>	Sunday, June 22	8:30am - 4:30pm – in person*
	Tuesday, June 24	6:00pm - 9:00pm – Online
	Thursday, June 26	6:00pm - 9:00pm – Online
	Thursday, July 3	6:00pm - 9:00pm – Online
	Tuesday, July 8	6:00pm - 9:00pm – Online
<b>PLUS 3 Video Sessions</b>	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 June 10<sup>th</sup>.