

Distress Centre of Ottawa & Region Volunteer Training Schedule

MAY/JUNE 2026 - May 12th – June 4th

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, May 12	6:00pm - 9:00pm – Online
	Thursday, May 14	6:00pm - 9:00pm – Online
	Tuesday, May 19	6:00pm - 9:00pm – Online
	Thursday, May 21	6:00pm - 9:00pm – Online
ASIST Workshop – Day 1	Saturday, May 23	8:30am - 4:30pm – in person *
ASIST Workshop – Day 2	Sunday, May 24	8:30am - 4:30pm – in person *
	Tuesday, May 26	6:00pm - 9:00pm – Online
	Thursday, May 28	6:00pm - 9:00pm – Online
	Tuesday, June 2	6:00pm - 9:00pm – Online
	Thursday, June 4	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 June 4th