

Distress Centre of Ottawa & Region Volunteer Training Schedule

FEBRUARY/MARCH 2025 - Hybrid Training February 18th - March 13st

Session No.	Date	Time
	Tuesday, February 18	6:00pm - 9:00pm – in person
	Thursday, February 20	6:00pm - 9:00pm – in person
	Tuesday, February 25	6:00pm - 9:00pm– in person
	Thursday, February 27	6:00pm - 9:00pm – in person
ASIST Workshop – Day 1	Saturday, March 1	8:30am - 4:30pm – in person
ASIST Workshop – Day 2	Sunday, March 2	8:30am - 4:30pm – in person
	Tuesday, March 4	6:00pm - 9:00pm – in person
	Thursday, March 6	6:00pm - 9:00pm – in person
	Tuesday, March 11	6:00pm - 9:00pm – in person
	Thursday, March 13	6:00pm - 9:00pm – in person
PLUS 3 Video Sessions	Asynchronous Videos	To be completed by last class