

Distress Centre of Ottawa & Region – Volunteer Training Schedule (NOVEMBER 2024)

* Choose Option A or B

Option A – Hybrid Training

	Date	Time
	Monday, Nov. 4	6:00pm – 9:00pm – in person
	Wednesday, Nov.6	6:00pm – 9:00pm – in person
	dcor_training_dates-	6:00pm – 9:00pm – in person
	Wednesday, Nov.13	6:00pm – 9:00pm – in person
ASIST Workshop – Day 1	Saturday, Nov.16	8:30am - 4:30pm – in person
ASIST Workshop – Day 2	Sunday, Nov.17	8:30am - 4:30pm – in person
	Wednesday, Nov.20	6:00pm – 9:00pm – in person
	Monday, Nov.25	6:00pm – 9:00pm – in person
	Wednesday, Nov.27	6:00pm – 9:00pm – in person
	Monday, Dec.2	6:00pm – 9:00pm – in person
PLUS 4 Video Sessions	Asynchronous Videos	To be completed by last class

Option B – Hybrid Training

	Date	Time
	Tuesday, Nov.5	6:00pm – 9:00pm
	Thursday, Nov.7	6:00pm – 9:00pm
	Tuesday, Nov.12	6:00pm – 9:00pm
	Thursday, Nov.14	6:00pm – 9:00pm
ASIST Workshop – Day 1	Saturday, Nov.16	8:30am - 4:30pm
ASIST Workshop – Day 2	Sunday, Nov.17	8:30am - 4:30pm
	Tuesday, Nov.19	6:00pm – 9:00pm
	Thursday, Nov.21	6:00pm – 9:00pm
	Tuesday, Nov.26	6:00pm – 9:00pm
	Thursday, Nov.28	6:00pm – 9:00pm
PLUS 4 Video Sessions	Asynchronous Videos	To be completed by last class