

Distress Centre of Ottawa & Region Volunteer Training Schedule

FEBRUARY 2026 – Feb.17th – Mar.12

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, Feb.17	6:00pm - 9:00pm – Online
	Thursday, Feb.19	6:00pm - 9:00pm – Online
	Tuesday, Feb.24	6:00pm - 9:00pm – Online
	Thursday, Feb.26	6:00pm - 9:00pm – Online
ASIST Workshop – Day 1	Saturday, Feb.28	8:30am - 4:30pm – in person *
ASIST Workshop – Day 2	Sunday, Mar.1	8:30am - 4:30pm – in person *
	Tuesday, Mar.3	6:00pm - 9:00pm – Online
	Thursday, Mar 5	6:00pm - 9:00pm – Online
	Thursday, Mar.10	6:00pm - 9:00pm – Online
	Tuesday, Mar.12	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 to October 21st.