

Distress Centre of Ottawa & Region Volunteer Training Schedule

OCTOBER/NOVEMBER 2025 – Oct.21st – Nov.18th

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, Oct.21	6:00pm - 9:00pm – Online
	Thursday, Oct.23	6:00pm - 9:00pm – Online
	Tuesday, Oct.28	6:00pm - 9:00pm – Online
	Thursday, Oct.30	6:00pm - 9:00pm – Online
ASIST Workshop – Day 1	Saturday, Nov.1	8:30am - 4:30pm – in person *
ASIST Workshop – Day 2	Sunday, Nov.2	8:30am - 4:30pm – in person *
	Tuesday, Nov.4	6:00pm - 9:00pm – Online
	Thursday, Nov.6	6:00pm - 9:00pm – Online
	Thursday, Nov.13	6:00pm - 9:00pm – Online
	Tuesday, Nov.18	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 October 21st.