

Distress Centre of Ottawa & Region Volunteer Training Schedule

JANUARY/FEBRUARY 2026 – Jan.20th – Feb.12th

REMOTE Training * All training sessions will be held online over zoom, except for the ASIST weekend, which will be held in person in Ottawa.

Session No.	Date	Time
	Tuesday, Jan.20	6:00pm - 9:00pm – Online
	Thursday, Jan.22	6:00pm - 9:00pm – Online
	Tuesday, Jan.27	6:00pm - 9:00pm – Online
	Thursday, Jan.29	6:00pm - 9:00pm – Online
ASIST Workshop – Day 1	Saturday, Jan.31	8:30am - 4:30pm – in person *
ASIST Workshop – Day 2	Sunday, Feb.1	8:30am - 4:30pm – in person *
	Tuesday, Feb.3	6:00pm - 9:00pm – Online
	Thursday, Feb.5	6:00pm - 9:00pm – Online
	Thursday, Feb.10	6:00pm - 9:00pm – Online
	Tuesday, Feb.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.