

## Distress Centre of Ottawa & Region Volunteer Training Schedule

**SEPTEMBER/OCTOBER 2025 – Sept. 16<sup>th</sup> – Oct. 14<sup>th</sup>**

**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, Sept.16	6:00pm - 9:00pm – Online
	Thursday, Sept. 18	6:00pm - 9:00pm – Online
	Tuesday, Sept. 23	6:00pm - 9:00pm – Online
	Thursday, Sept.25	6:00pm - 9:00pm – Online
<b>ASIST Workshop – Day 1</b>	Saturday, Sept. 27	8:30am - 4:30pm – in person *
<b>ASIST Workshop – Day 2</b>	Sunday, Sept. 28	8:30am - 4:30pm – in person *
	Thursday, Oct.2	6:00pm - 9:00pm – Online
	Tuesday, Oct.7	6:00pm - 9:00pm – Online
	Thursday, Oct.9	6:00pm - 9:00pm – Online
	Tuesday, Oct. 14	6:00pm - 9:00pm – Online
<b>PLUS 3 Video Sessions</b>	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 September 16<sup>th</sup>.