Programs Schedule

Pour les sessions en français, cliquer ici.

Emotion Management

Dates	Time Slot	Attendance Mode	Location	Language
October 21st to December 9, 2026	Wednesdays, 10 am to 12:30 pm	Virtual	Gatineau	English
January 25 to March 15, 2027	Mondays, 6 pm to 8:30 pm	Virtual	Gatineau	English

EVE (long program)

Dates	Time Slot	Attendance Mode	Location	Language
December 8, 2026 to January 26, 2027	Tuesdays, 1:30 pm to 4 pm	Virtual	Montreal	English
February 23 to March 23, 2027	Tuesdays, 9:30 am to 4 pm	In-person	Montreal	English

EVE (short program)

Dates	Time Slot	Attendance Mode	Location	Language
November 23, 2026	Monday, 9:30 am to 4:30 pm	In-person	Montreal	English
February 1st, 2027	Monday, 9:30 am to 4:30 pm	In-person	Montreal	English

Thematic Workshop

Schedules are updated regularly. If you have any questions, please contact our teams.

Montreal

1. EVE Program
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    - Email: eve [at] elizabethfry.qc.ca (eve[at]elizabethfry[dot]qc[dot]ca)
2. À la découverte de soi
    - Cell phone (voicemail only): 438.931.3144
    - Email: decouvertedesoi [at] elizabethfry.qc.ca (decouvertedesoi[at]elizabethfry[dot]qc[dot]ca)
3. Emotions Management
    - Phone: 1.844.489.2116 ext. 5 / 514.489.2116 ext. 234
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Quebec city

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