

Programs Schedule

Pour les sessions en français, [cliquer ici](#).

Emotion Management

Dates	Time Slot	Attendance Mode	Location	Language
April 21st to June 9, 2026	Tuesdays, 10 am to 12:30 pm	Virtual		English

EVE (long program)

Dates	Time Slot	Attendance Mode	Location	Language
June 9 to July 7, 2026	Tuesdays, 9:30 am to 4 pm	In-person	Montreal	English
October 6 to November 3, 2026	Tuesdays, 9:30 am to 4 pm	In-person	Montreal	English
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
April 20th, 2026	Monday, 9:30 am to 4:30 pm	In-person	Montreal	English
June 29, 2026	Monday, 9:30 am to 4:30 pm	In-person	Montreal	English
September 14, 2026	Monday, 9:30 am to 4:30 pm	In-person	Montreal	English
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

Dates	Time Slot	Attendance Mode	Location	Language
August 18, 2026	Tuesdays, 12:30 pm to 2:30 pm	In-person	Gatineau	English

Schedules are updated regularly. If you have any questions, please contact our [teams](#).

Montreal

1. EVE Program
 - Phone: 1.844.489.2116 ext. 223
 - 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
 - Email: programmesmtl [at] elizabethfry.qc.ca
(programmesmtl[at]elizabethfry[dot]qc[dot]ca)
4. Autonomous and Free
 - Phone: 1.844.489.2116 ext. 5 / 514.489.2116 ext. 239
 - Email: programmesmtl [at] elizabethfry.qc.ca
(programmesmtl[at]elizabethfry[dot]qc[dot]ca)

Quebec city

- Phone : 1.844.489.2116 ext. 1
- Cell phone: 581.984.8658
- Email: programmesqc [at] elizabethfry.qc.ca (programmesqc)programmesqc [at] elizabethfry.qc.ca (@elizabethfry.qc.ca)

Gatineau

- Phone: 1.844.489.2116 ext. 3
- Email: cefo [at] elizabethfry.qc.ca (cefo[at]elizabethfry[dot]qc[dot]ca)