

Scheduling Appointments

Time Zone - Canada	Appointments	Sample City
Eastern Standard Time	8am – 9pm	Ottawa
Pacific Standard Time	5am – 6pm	Vancouver
Mountain Standard Time	6am – 7pm	Edmonton
Central Standard Time	7am – 8pm	Winnipeg
Eastern Standard Time	8am – 9pm	Ottawa
Atlantic Standard Time	9am – 10pm	Halifax

Time Zone - USA	Appointments	Sample City
Eastern Standard Time	8am – 9pm	Ottawa
Chamorro Standard Time	11pm – 12pm	Northern Mariana Islands
Samoa Standard Time	2am – 3pm	Samoa
Hawaii-Aleutian Standard Time	3am – 4pm	Hawaii
Alaskan Standard Time	4am – 5pm	Alaska
Pacific Standard Time	5am – 6pm	Washington
Mountain Standard Time	6am – 7pm	Colorado
Central Standard Time	7am – 8pm	Oklahoma
Eastern Standard Time	8am – 9pm	Florida, New York
Atlantic Standard Time	9am – 10pm	Thule Air Base

- **To self-refer:** Connect with Family Information Line by phone at 1-800-866-4546 or by email at FIL@CAFConnection.ca and request to speak with the Virtual Counsellor
- **To refer a client:** Connect with Family Information Line by phone at 1-800-866-4546 or by email at FIL@CAFConnection.ca and request to speak with the Virtual Counsellor for assessment.

Time Zone - Europe	Appointments	Sample City
Eastern Standard Time	8am – 9pm	Ottawa
Western European Time	1pm – 2am	UK, Ireland, Portugal
Central European Time	2pm – 3am	France, Belgium, Italy, Germany
Eastern European Time	3pm – 4am	Egypt, Libya, Romania,
Further-Eastern European Time	4pm – 5am	Finland, Belarus, Ukraine, Turkey

