

Mothercraft Ottawa
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EarlyONyva@mothercraft.com
www.mothercraft.com

Email us if you have any questions!

All programs require registration

Click on the hyperlinked program titles or dates to register through Eventbrite.

Virtual Circle Time

Join us for a Zoom circle time!
We'll read our Operation
Imagination book of the week, do
a fun activity and sing some
songs and get moving!

MONDAYS
10 am

NO LIVE CIRCLE ON APRIL 5

Missed our Circle Time?
Catch up on



Virtual Infant Drop-In

Join us on Zoom to meet and
socialize with other parents or
caregivers of infants 0-12
months of age.

We'll chat about topics
pertaining to infant
development and everyday
life with an infant!

TUESDAYS
1 pm to 2 pm

Virtual Postpartum Support Drop-In

For mothers with infants
between the ages of 0 to 12
months experiencing perinatal
mental health challenges.

WEDNESDAYS
10 am to 12:30 pm

***Covid-19 specific**
12 pm to 12:30 pm*

For more information contact
Courtney.Holmes@mothercraft.com

Virtual Special Needs Support Drop-In

Are you a parent/caregiver of a
child 6 years and under
with special needs?

Join us and other parents to
share, connect and support one
another.

THURSDAYS
8 pm to 9 pm

For more information contact
talor.bensonharper@mothercraft.com

Infant Walking Group

Bring your baby and your
stroller or carrier for a leisurely
walk around the neighbourhood.
Safety measures will be in
place.

**THIS GROUP IS POSTPONED
FOR NOW DUE TO
PROVINCIAL COVID-19
RULES!**

Keep an eye on our Facebook page
for updates as we get them!






Operation Imagination

Based on the Parent as Teachers Program

CIRCLE TIME	ACTIVITY KITS	FUN AT THE PARK
Tune in every Monday during our Virtual Circle Time to read the book of the week and complete an exciting activity together!	Would you like a kit filled with fun activities?	Visit these parks for some fun activities!
Registration begins on Eventbrite:		
Missed our Circle Time? Catch up on	April 14 May 12	Clare Gardens Park Westboro K1Z 7E3
	<small>*While quantities last*</small> <small>*Pick up details found on Eventbrite*</small> <small>*Kits can only be picked up on the designated date*</small>	Cresthaven Park Nepean K2G 7B7

Like us on Facebook or follow us on Instagram.
Share your pics with us for a chance to win a monthly prize!

For more information please email earlyonyva@mothercraft.com

 @MCOttawaSchoolReadiness
 
 @mothercraftottawa

Ontario 

Clothing Donation Closet

If you are in need of infant clothing sizes 0 to 12 months, please contact
bpcp@mothercraft.com

BY APPOINTMENT ONLY!

Free Virtual Workshops

All virtual workshops require registration
Click on the hyperlinked titles to register through Eventbrite.

Breastfeeding 101 Workshop

Learn about infant feeding, how to get off to a good start and feel confident feeding your baby. Learn how babies know just what to do and what you can do to help them do it. Partners are welcome and encouraged to attend!

When:

April 13 from 7:00 pm to 8:00 pm

or

April 27 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Communicative Milestones in the 1st Year

This workshop will focus on communication milestones in the very 1st year and tips for parents.

For parents and caregivers with infants 0 to 12 months old

When:

April 22 from 1:00 pm to 2:00 pm

Facilitator: Sharon Burgess,
ABC Pediatric Therapies

School Readiness

Amanda Roi will discuss helping your child prepare for school. We will talk about the foundational motor, sensory processing, and social-emotional skills that you can help your child with at home, in order for them to be successful in school. We will discuss activity and play suggestions for building these skills.

For parents and caregivers

When: April 22 from 2:00 pm to 3:00 pm

Facilitator: Amanda Roi,
On the Ball Pediatric Physio and Occupational Therapy

L'importance des gestes communicatifs!

Joignez-vous avec votre enfant à cet atelier qui parlera de l'importance des gestes communicatifs dans les premières années de l'enfant. Sharon Burgess, orthophoniste, présentera les attentes au niveau développemental de même que des activités ludiques et amusantes à faire à la maison avec vos enfants!

Quand:

le 29 avril à 13h

Animatrice: Sharon Burgess,
ABC Pediatric Therapies

Baby Signs and Songs

Learn to communicate with your baby before they talk by learning signs and songs.

For parents and caregivers with infants 0 to 12 months old

When:

April 19 from 9 am to 9:45 am

Facilitator: Marie-Claude Pilon,
Mothercraft Ottawa

Resource List

Emergency

- 9-1-1

Shelter

- 3-1-1
<https://ottawa.ca/en/family-and-social-services/housing>

Food

- Ottawa Food Bank 613-745-7001
<https://www.ottawafoodbank.ca/get-help/>

Health

- Ottawa Public Health 613-580-6744
<https://www.ottawapublichealth.ca/en/index.aspx>
- Tél  Santé Ontario: 1-866-797-0000

Community Information

- 2-1-1

Diverse Populations

- **OCISO** 613-725-5671 ext.316/ info@ociso.org/ www.ociso.org
Clinical Counselling and Mental Help support for immigrants and refugees
- **Hope for Wellness Help Line** 1-855-242-3310 or the online chat at [www.hopeforwellness.ca\(24/7\)](http://www.hopeforwellness.ca(24/7)).
For immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada
- **Unsafe at Home Ottawa** text 613-704-5535 or chat online at www.unsafeathomeottawa.ca
For Ottawa women living with violence and abuse
- **A Friendly Voice** 613-692-9992 or 1-855-892-9992
For isolated seniors

Local Counselling Agencies

- <https://walkincounselling.com/>

Distress Lines

- Ottawa Distress Centre (24/7) 613-238-3311
- Centre d'aide (24/7) 1-866-277-3553
- Crisis Line/ Ligne de Crise (24/7) 613-722-6914
- Child, Youth and Family Crisis Line/ Ligne de Crise enfant, jeunes et familles (24/7) 613-260-2360
- Canada Suicide Prevention Service (24/7) 1-833-456-4566
- Kids Help Phone (24/7) 1-800-668-6868

