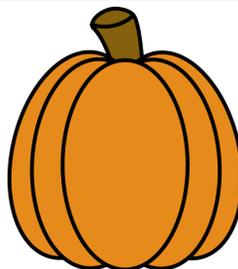


Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
Postpartum Support Drop-in 10:00 am to 12:00 pm For mothers and infants 0 to 12 months CLOSED/FERMÉ Sept 4 sept Oct 9 oct Dec 25 déc	Groupe de jeu pour les familles qui parlent le français 9 h à 11 h CLOSED/FERMÉ Dec 26 déc	Groupe d'immersion en français 9 h à 11 h French Immersion Playgroup 9:00 am to 11:00 am Van Lang Field House 29 Van Lang Pvt. <i>*Du 13 sept au 20 déc*</i> <i>*From Sept 13 to Dec 20*</i> CLOSED/FERMÉ Dec 27 déc	Ottawa Children's Treatment Centre Specialized Playgroup 9:00 am to 11:00 am Le Centre de traitement pour enfants d'Ottawa 9 h à 11 h CLOSED/FERMÉ Dec 28 déc	Drop-in Playgroup 9:00 am to 11:00 am Early Learning and Health Program 9:30 am to 11:30 am 450 Laurier Ave. CLOSED/FERMÉ Dec 29 déc	New Dads: Providing Postpartum Support Drop-in 9:30 am to 11:30 am <i>Every 2nd & 3rd Saturday of each month</i> Drop-in Playgroup 9:00 am to 11:00 am <i>CLOSED every 1st & 4th Saturday of each month and long weekends.</i> <i>FERMÉ chaque 1^{er} et 4^e samedi du mois et les longues fin de semaines.</i> CLOSED/FERMÉ Sept 2, 23 sept Oct 7, 28 oct Nov 4, 25 nov Dec 2, 23, 30 déc
Closed / Fermé 12:00 to 1:00 pm / 12 h à 13 h					
Drop-in Playgroup Seahorses Gym Squad 6:00 pm to 7:30 pm Connaught Public School 1149 Gladstone Ave. For Male Family Members, Friends, Caregivers, Guardians with children ages 3 to 6 years old CLOSED/FERMÉ Sept 4 sept Oct 9 oct Dec 25 déc			Infant Drop-In Playgroup 1:15 pm to 3:00 pm For infants 0 to 12 months CLOSED/FERMÉ Dec 28 déc	Breastfeeding Support Drop-in 1:30 pm to 3:00 pm	Parenting in Ottawa Drop-in *Prenatal to 12 months* 10:00 am to 12:30 pm Carrefour «Être parents à Ottawa» *Prénatal à 12 mois* 10 h à 12 h 30 CLOSED/FERMÉ Nov 11 nov La Leche League 10:00 am to 11:30 am <i>Every 3rd Saturday of each month</i>

INFORMATION AND REFERRAL

For any information on Early Years Services or Family Support Programs, please call 613-728-1839 ext. 0 or e-mail us at oeycottawacentre@mothercraft.com.

MONDAY TO FRIDAY: 7:30 am to 12:00 pm / 1:00 pm to 4:00 pm



INFORMATION ET AIGUILLAGE

Pour toutes informations à propos des services à l'enfance et des services de soutien à la famille, veuillez composer le 613-728-1839 poste 0 ou envoyez-nous un courriel au oeycottawacentre@mothercraft.com.

LUNDI AU VENDREDI: 7 h 30 à 12 h / 13 h à 16 h

TOY LENDING LIBRARY / JOUJOUTHÈQUE

Tuesday/mardi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
11:00 to 11:30 11 h 00 à 11 h 30 CLOSED/FERMÉ Dec 26 déc	3:00 to 3:30 15 h 00 à 15 h 30 CLOSED/FERMÉ Dec 28 déc	11:00 to 11:30 11 h 00 à 11 h 30 CLOSED/FERMÉ Dec 29 déc	11:00 to 11:30 11 h 00 à 11 h 30 CLOSED/FERMÉ Sept 2, 23 sept Oct 7, 28 oct Nov 4, 25 nov Dec 2, 23, 30 déc

Workshops/Ateliers

**Please note that registration is required for these workshops. Please call 613-728-1839 ext.248
L'inscription est requise pour participer à ces ateliers. S.V.P appeler 613-728-1839 poste 248
Registration will begin September 6th, 2017 at 9:30 am / Les inscriptions débuteront le 6 septembre 2017 à 9 h 30**

<p><u>Sing Song Party Time!</u> It's never too early to start learning about the importance of caring for our environment and all the wonderful creatures on the Earth! Derek starts each class with some basic yoga and then plays silly songs that foster an appreciation for living healthy and environmentally aware. Children are encouraged to 'join the band' by using percussion instruments, playing eco-themed games and of course dancing!</p> <p><u>For families with children under the age of six years old. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> September 18 OR October 16 OR November 20 OR December 18 <u>Time:</u> 10:00 am to 10:45 am <u>Location:</u> Van Lang Field House 29 Van Lang Pvt. <u>Facilitator:</u> Derek McKinley</p>		
<p><u>Three Year Olds Don't Think Like We Do:</u> Even if three year olds may be able to talk in sentences, that doesn't mean we can expect them to have adult reasoning capabilities, emotional control and social skills. This workshop will help you understand your child's development so that you'll be better able to choose discipline tools that work.</p> <p><u>For families with children under the age of six years old. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> September 21 <u>Time:</u> 6:30 pm to 8:30 pm <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Betsy Mann</p>		
<p><u>Salsa Babies™:</u> Dance back into shape with the best little partner of all – your baby! With little ones snuggled into baby carriers, Salsa Babies™ offers a great workout, a chance to socialize with other parents, and an opportunity to introduce one's child to music and movement. Don't forget to bring your own baby carrier!</p> <p><u>For babies 6 weeks of age and up. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> September 25 OR October 23 OR November 29 <u>Time:</u> 1:30 pm to 2:30 pm <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Daniela Pueyo Grand</p>		
<p><u>Sing, Dance and Stretch:</u> A unique program for you and your child, combining music and movement, instrument exploration and basic yoga postures. This program celebrates the many benefits of music and movement while encouraging creative play and individual expression. Taught by a certified Teacher, Music Educator and Radiant Child Yoga Instructor.</p> <p><u>For children ages 2 to 4 years old. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> October 10 <u>Time:</u> 9:30 am to 10:30 am <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Courtney Holmes</p>		
<p><u>Getting Through the Rough Spots in Your Day:</u> Do you have trouble getting your children out of the house in the morning? Getting them to sit at the table and eat? Taking them shopping? Moving them from one activity to the next? Giving them a bath? Brushing their teeth? You're not alone. In this workshop, we'll explore tools you can use to engage children's cooperation and help your family life run more smoothly.</p> <p><u>For families with children under the age of six years old. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> October 12 <u>Time:</u> 6:30 pm to 8:30 pm <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Betsy Mann</p> <div style="text-align: right;"></div>		
<p><u>Infant Massage:</u> This 3 session workshop will allow parents to learn how to massage their baby which will help improve sleep, bonding, development and more. * <u>Be sure to review the dates, time and location of the Infant Massage session you select.</u> *</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; padding: 5px;"> <p><u>When:</u> SATURDAYS October 14, 21, and 28 <u>Time:</u> 10:00 am to 11:00 am <u>Location:</u> Mothercraft Ottawa 475 Evered Ave. <u>Facilitator:</u> Cyndy Gervais-Hiscox</p> </td> <td style="width: 50%; padding: 5px;"> <p><u>When:</u> THURSDAYS November 2, 9 and 16 <u>Time:</u> 9:30 am to 10:30 am <u>Location:</u> Mothercraft Ottawa 475 Evered Ave. <u>Facilitator:</u> Courtney Holmes</p> </td> </tr> </table> <p style="text-align: center;"><u>For infants under 9 months. Cet atelier est offert en anglais seulement.</u></p>		<p><u>When:</u> SATURDAYS October 14, 21, and 28 <u>Time:</u> 10:00 am to 11:00 am <u>Location:</u> Mothercraft Ottawa 475 Evered Ave. <u>Facilitator:</u> Cyndy Gervais-Hiscox</p>	<p><u>When:</u> THURSDAYS November 2, 9 and 16 <u>Time:</u> 9:30 am to 10:30 am <u>Location:</u> Mothercraft Ottawa 475 Evered Ave. <u>Facilitator:</u> Courtney Holmes</p>
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<p><u>Babywearing Afro-Dance:</u> Let the music fuel your body as you feel the African rhythms all while wearing your baby. This class will combine traditional and modern African dance into a fun, energetic and low impact class. Wear comfortable clothing that allows movement, the class is done barefoot. Bring a water bottle and your own baby carrier.</p> <p><u>For infants 6 weeks and up. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> October 18 <u>Time:</u> 10 am to 11 am <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Bernadeth Betchi</p>		
<p><u>Emotion Coaching – A Model For The Prevention Of Mental Health Issues In Children:</u> Parents have a tremendous opportunity to influence their children's emotional development. Specifically, parents can "coach" their child to become aware of their emotions and associated needs, as well as to regulate their upset feelings more easily. We will cover a brief introduction to emotion and emotional development, the problem with emotional avoidance, and the 5-step model of emotion coaching.</p> <p><u>For families with children under the age of six years old. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> October 19 <u>Time:</u> 6:30 pm to 8:30 pm <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Stacey Kosmerly</p>		
<p><u>Postnatal Exercise:</u> An effective strength training workout that allows you to bond with your baby. Build strength, tone muscles, regain functional movement, improve your posture and bounce back after childbirth, all while having fun with your baby. Use your baby as resistance and strengthen your back, legs, upper body and core.</p> <p><u>For parents/caregivers and infants from 8 weeks to 12 months. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> October 26 OR November 16 <u>Time:</u> 1:30 pm to 2:30 pm <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Véronique Roberts</p>		

Workshops/Ateliers

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Registration will begin September 6th, 2017 at 9:30 am / Les inscriptions débuteront le 6 septembre 2017 à 9 h 30**

<p><u>Comfort Measures for Labour:</u> This workshop is designed to help increase your understanding of the labour process and learn tips, tools and strategies to make labour as comfortable and efficient as possible. Mothers and their labour support person will receive handouts, have the opportunity to ask questions and have a guided hands-on practice from a Certified Birth Doula and Prenatal Educator. <u>For expectant mothers and their labour support person. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> October 26 <u>Time:</u> 7:00 pm to 8:30 pm <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Courtney Holmes</p> 
<p><u>Building Empathy Skills in Young Children:</u> Empathy is the name we give to the ability to understand what someone else is feeling and to respond in a caring way. It is a complex response that develops gradually as children mature. It is based in relationships and grows with emotional awareness and the capacity to see things from different points of view. In this workshop, you will learn stories, songs, games and activities that support the development of empathy in children from infancy to age six. <u>For families with children under the age of six years old. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> November 9 <u>Time:</u> 6:30 pm to 8:30 pm <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Betsy Mann</p> 
<p><u>Your Child's Medicine Cabinet and Beyond:</u> Cold and flu season is upon us. Do you worry about how to treat fevers, stuffy noses, vomiting, diarrhea and other childhood ailments? Do you wonder when you should see your doctor or go to CHEO? This session is taught by a Registered Nurse with CHEO and will provide you with tips, tricks and tools to manage typical childhood illnesses at home. <u>Focus is on children under 3 but open to all families with children under the age of six years old. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> November 16 <u>Time:</u> 6:30 pm to 8:30 pm <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Alicia Ashton</p> 
<p><u>Autism Ontario– Diagnosis, now what?:</u> You have the diagnosis for your child but you don't know what your next step should be. We will discuss the steps and options to take once a child has received a diagnosis of Autism Spectrum Disorder. From funding options, to educational resources, private options, to events in the community, there are resources and we will discuss them. Appropriate for any families with a new diagnosis. <u>For families with children under the age of six years old. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> November 23 <u>Time:</u> 6:30 pm to 8:30 pm <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Marnie Potter</p>
<p><u>Kids in The Kitchen:</u> Come and enjoy a fun morning with your little ones. You will be decorating your very own chef attire and after you will proceed to make your very own delicious pizza! What a great way to get your little ones involved in a fun learning activity! <u>For male family members, friends, caregivers and guardians with children 3 to 6 years old. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> November 25 <u>Time:</u> 10:00 am to 11:30 am <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Geneviève Chabot</p> 
<p><u>Ballet Portage:</u> Ce cours pour adult et bébé offre une structure similaire à celle d'une classe de ballet: exercices à la barre et exercices au centre. Tout au long de la classe, un accent particulier sera mis sur l'amélioration de la posture, tonification en longueur des muscles et l'interprétation artistique propre à l'entraînement d'un danseur de ballet. Venez habiller avec des vêtements confortables. Amenez votre porte-bébé! <u>Pour les bébés de 6 semaines et plus. This workshop is offered in French only.</u></p>	<p><u>Quand:</u> 27 novembre <u>Heure:</u> 13 h à 14 h <u>Lieu:</u> Mothercraft Ottawa <u>Animatrice:</u> Esther American Caron</p>
<p><u>Babywearing Ballet:</u> A unique post-natal activity catered to adults with babies. This class is similar to regular ballet classes, with barre work and centre exercise with special attention given to muscle toning and posture. Accompanied by music and movement, your little one will greatly benefit from being held while you dance. Don't forget to wear comfortable clothing and to bring your own baby carrier! <u>For infants 6 weeks and up. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> November 27 <u>Time:</u> 2:15 pm to 3:15 pm <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Esther America Caron</p>
<p><u>Afro-Danse Portage:</u> Laissez le rythme des danses africaines énergiser votre corps et votre esprit et ce tout en portant votre bébé! Cette classe de danse portage combinera des danses africaines traditionnelles et modernes. Une classe pleine d'énergie où le plaisir est au rendez-vous. Venez habiller avec des vêtements confortable pour bien bouger, la classe se fait pieds nus. Amenez une bouteille d'eau et votre porte-bébé. <u>Pour les bébés de 6 semaines et plus. This workshop is offered in French only.</u></p>	<p><u>Quand:</u> 6 décembre <u>Heure:</u> 10 h à 11 h <u>Lieu:</u> Mothercraft Ottawa <u>Animatrice:</u> Bernadeth Betchi</p>
<p><u>Afro-Dance with Toddlers:</u> Afro dance classes for toddlers is a great way for little ones to learn different dance movements and build coordination while having fun and learning about Africa and its colourful cultures! Come and dance with us! <u>For children between 18 months to 4 years old. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> December 8 <u>Time:</u> 10 am to 11 am <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Bernadeth Betchi</p>
<p><u>Salsa Bellies™:</u> Sway your hips and celebrate your "bump" in this low-impact yet lively dance class. A great way to stay active throughout pregnancy, you'll meet other moms-to-be and enjoy comparing notes about the journey of motherhood. Don't be surprised if baby's first words are "Cha-Cha-Cha"! All levels of fitness and dance experience are welcome. <u>For expectant mothers. Cet atelier est offert en anglais seulement.</u></p>	<p><u>When:</u> December 9 <u>Time:</u> 9:30 am to 10:30 am <u>Location:</u> Mothercraft Ottawa <u>Facilitator:</u> Daniela Pueyo Grand</p> 

NEW DADS: PROVIDING POSTPARTUM SUPPORT DROP-IN

ARE YOU A NEW DAD?

Is your partner experiencing Depression, Anxiety, PTSD, since the arrival of the baby/ies? Are you struggling with adjustment, as well as looking for strategies and support for your partner and your new family addition?

You are not alone. The group provides a community of partners who are looking for ideas and common ground. This is also the chance to give your partner a break and for you to spend time with your baby in a great setting!

Come and join us!

WHEN: Every 2nd and 3rd Saturday of the month, from 9:30 am to 11:30 am

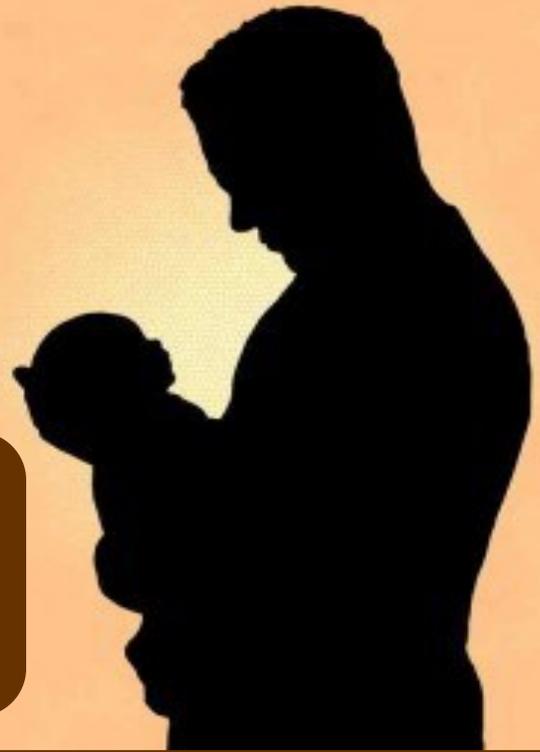
WHERE: Mothercraft Ottawa
475 Evered Ave.

FACILITATOR:
Susan Martensen-BDT/PDT (DONA)

Infants 12 months and under are welcome!

For further information
please contact:

Courtney Holmes
613-728-1839 ext.227
Courtney.Holmes@mothercraft.com



AROUND THE RAINBOW

Rainbow Families Art & Play Afternoon:

For queer & trans parents, caregivers, families, children and youth. For families with gender creative, gender independent and trans children and youth.

Join us in art & play activities while connecting with other families.

We will have indoor and outdoor activities for all ages.



When: November 4

December 2

Time: 1:00 pm to 4:00 pm

Location: Mothercraft Ottawa
475 Evered Ave.



For more information, please contact
Laurie Reknor at 613-725-3601 ext. 118
lreknor@familyservicesottawa.org

FSO | SFO
Family Services Ottawa | Services à la famille Ottawa



Postpartum Educational Series for Dads/Partners

Is your partner experiencing Depression, Anxiety, PTSD, since the arrival of the baby/ies? Are you struggling with adjustments, as well as looking for strategies and support for your partner and your new family addition?

We are offering a 3 part series that will bring you strategies, tools and knowledge for navigating the early weeks and months that follow the addition of a new baby into your family.

When: November 9, 16 & 23

Time: 6:30 pm to 8:00 pm

Location: Mothercraft Ottawa

Facilitator: Susan Martensen

Babies under 12 months are welcome to join!



Registration will begin September 6th, 2017 at 9:30 am

613-728-1839 ext.248

Cet atelier est offert en anglais seulement.