

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 Jan 1 jan Feb 19 fév	Groupe de jeu pour les familles qui parlent le français 9 h à 11 h CLOSED/FERMÉ Jan 2 jan	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.	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	Drop-in Playgroup 9:00 am to 11:00 am CLOSED/FERMÉ Mar 30 mar Early Learning and Health Program 9:30 am to 11:30 am 450 Laurier Ave. *Closed Jan 5, 2018* CLOSED/FERMÉ Mar 30 mar	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> FERMÉ chaque 1 ^{er} et 4 ^e samedi du mois et les longues fin de semaines. CLOSED/FERMÉ Jan 6, 27 jan Feb 3, 17, 24 fév Mar 3, 24, 31 mar
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 Jan 1 jan Feb 19 fév Mar 12 mar			Infant Drop-In Playgroup 1:15 pm to 3:00 pm For infants 0 to 12 months	Breastfeeding Support Drop-in 1:30 pm to 3:00 pm CLOSED/FERMÉ Mar 30 mar	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 La Leche League 10:00 am to 11:30 am <i>Every 3rd Saturday of each month</i>

INFORMATION AND REFERRAL

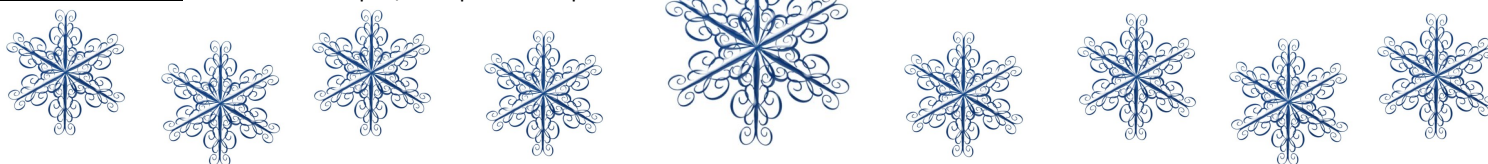
For any information on Early ON Services or Family Support Programs, please call 613-728-1839 ext. 0 or e-mail us at oevcottawacentre@mothercraft.com.

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

INFORMATION ET AIGUILLAGE

Pour toutes informations du programme ON y va, veuillez composer le 613-728-1839 poste 0 ou envoyez-nous un courriel au oevcottawacentre@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 Jan 2 jan	3:00 to 3:30 15 h 00 à 15 h 30	11:00 to 11:30 11 h 00 à 11 h 30 CLOSED/FERMÉ Mar 30 mar	11:00 to 11:30 11 h 00 à 11 h 30 CLOSED/FERMÉ Jan 6, 27 jan Feb 3, 17, 24 fév Mar 3, 24, 31 mar

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 January 3rd, 2018 at 9:30 am / Les inscriptions débuteront le 3 janvier 2018 à 9 h 30

Sing Song Party Time! 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!

For families with children under the age of six years old.

Cet atelier est offert en anglais seulement.

When: January 29

OR February 26

OR March 26

Time: 10:00 am to 10:45 am

Location: Mothercraft Ottawa

475 Evered Ave

Facilitator: Derek McKinley

Creating a routine to help you through the day: Predictable routines help children feel more secure... and help adults feel more in control of their day. But there isn't one recipe that works for everyone. How can you plan a routine that will work for you? This workshop will set out some important factors to consider. You'll also see how establishing a good routine can sometimes solve discipline problems.

For families with children one to six years old

Cet atelier est offert en anglais seulement

When: January 25

Time: 6:30 pm to 8:30 pm

Location: Mothercraft Ottawa

Facilitator: Betsy Mann

Les bons contes font les bons amis: Cet atelier est pour les familles qui ont le goût de se plonger au cœur de la culture française. Un moment qui rassemble les enfants et parents pour partager la joie des comptines, des histoires et des chansons.

Pour les familles avec des enfants sous l'âge de six ans

This workshop is offered in French only

Quand: 17, 24 et 31 janvier

OU 14, 21 et 28 février

OU 14, 21 et 28 mars

Heure: 13 h 45 à 14 h 45

Lieu: Bibliothèque Rosemount

18, avenue Rosemount

Animatrice: Marie-Claude Pilon

Infant Massage: This 3 session workshop will allow parents to learn how to massage their baby which will help improve sleep, bonding, development and more.

* **Be sure to review the dates, time and location of the Infant Massage session you select.** *

When: TUESDAYS

January 16, 23 and 30

Time: 1:30 pm to 2:30 pm

Location: Mothercraft Ottawa

475 Evered Ave.

Facilitator: Marie-Claude Pilon

When: WEDNESDAYS

February 7, 14 and 21

Time: 9:30 am to 10:30 am

Location: Mothercraft Ottawa

475 Evered Ave.

Facilitator: Courtney Holmes

When: SATURDAYS

March 3, 10 and 17

Time: 10:00 am to 11:00 am

Location: Mothercraft Ottawa

475 Evered Ave.

Facilitator: Cyndy Gervais-Hiscox

For infants under 9 months.

Cet atelier est offert en anglais seulement.

Foundation For Healthy Sleep: Come learn all you need to know about the foundations for healthy sleep and how making minor adjustments can help improve your little one's sleep. We will discuss all the important foundation elements including: sleep cues, routines and schedules, setting up the optimal environment, how to maximize sleep, expectations of sleep, nutrition and how it affects sleep, wake windows, learning gentle ways to transition from sleeping in your arms to a swing/bouncer/co-sleeping to their own bed. There will also be time at the end of the workshop for some questions and answers.

For families with children under the age of two years old

Cet atelier est offert en anglais seulement

When: February 8

Time: 6:30 pm to 8:30 pm

Location: Mothercraft Ottawa

Facilitator: Elisa Costanza-Reyes

Your Child's Medicine Cabinet and Beyond: 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.

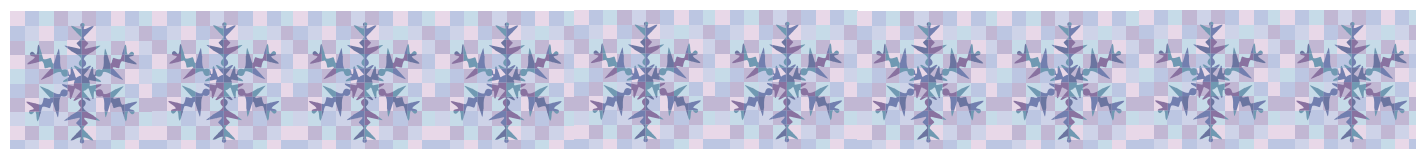
Focus is on children under 3 but open to all families with children under the age of six years old. Cet atelier est offert en anglais seulement.

When: February 8

Time: 6:15 pm to 8:45 pm

Location: Mothercraft Ottawa

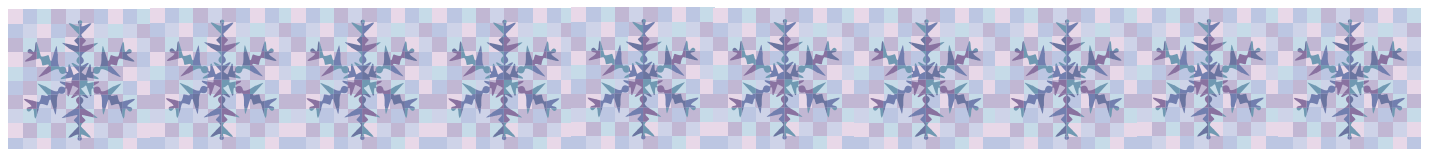
Facilitator: Alicia Ashton



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<p>Autism Ontario– Diagnosis, now what?: 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. For families with children under the age of six years old. Cet atelier est offert en anglais seulement.</p>	<p>When: February 15 Time: 6:30 pm to 8:30 pm Location: Mothercraft Ottawa Facilitator: Marnie Potter</p>
<p>Comfort Measures for Labour: 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. For expectant mothers and their labour support person. Cet atelier est offert en anglais seulement.</p>	<p>When: February 15 Time: 7:00 pm to 8:30 pm Location: Mothercraft Ottawa Facilitator: Courtney Holmes</p>
<p>When Consequences don't work: You have set consequences for your child's behaviour and you carry them out every time... but your child continues with the problem behaviour. What to do? To be effective, our discipline must deal with children's motives. Then we will be able to guide them toward better ways to reach their goals. In this workshop, we will look at a few of the possible reasons why children continue to choose behaviour that breaks the rules and we'll explore some practical solutions. For families with children under the age of two years old Cet atelier est offert en anglais seulement</p>	<p>When: February 22 Time: 6:30 pm to 8:30 pm Location: Mothercraft Ottawa Facilitator: Betsy Mann</p>
<p>Emotion Coaching – A Model For The Prevention Of Mental Health Issues In Children: 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. For families with children under the age of six years old. Cet atelier est offert en anglais seulement.</p>	<p>When: March 1 Time: 6:30 pm to 8:30 pm Location: Mothercraft Ottawa Facilitator: Stacey Kosmerly</p>
<p>Before You Correct...Connect!: Children learn from the people they have close relationships with, at home, in child care and at school. If we want to influence their behaviour, we first need to build connections with them and their emotions. This workshop will show you ways to reach and connect with children's emotional brain so that you can help them make better choices. At the same time, they'll be learning to understand their own emotions and those of other people. For families with children under the age of six years old. Cet atelier est offert en anglais seulement.</p>	<p>When: March 8 Time: 6:30 pm to 8:30 pm Location: Mothercraft Ottawa Facilitator: Betsy Mann</p>
<p>Power Of Dads: A parenting workshop for fathers and male caregivers of children birth to 6 years. Learn about child development and new ways to help your child reach their full potential! For families with children under the age of six years old. Cet atelier est offert en anglais seulement.</p>	<p>When: March 22 Time: 6:30 pm to 8:30 pm Location: Mothercraft Ottawa Facilitator: Dave Elder-PHN</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: January 6

February 3

March 3

Time: 1:00 pm to 4:00 pm

Location: Mothercraft Ottawa
475 Evered Ave.



For more information, please contact
Lisa Montroy at 613-725-3601 ext. 105
lmontroy@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 4 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: March 1, 8, 15 and 22

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 January 3rd, 2018 at 9:30 am

613-728-1839 ext.248

Cet atelier est offert en anglais seulement.