


Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
<b>Postpartum Support Drop-in</b> <b>10:00am to 12:00pm</b> <b>For mothers and infants</b> <b>0 to 12 months</b>  <b>CLOSED/FERMÉ</b> <b>April 2 avril</b> <b>May 21 mai</b>	<b>Groupe de jeu pour les familles qui parlent le français</b> <b>9 h à 11 h</b>	<b>Groupe d'immersion en français</b> <b>9 h à 11 h</b> <b>French Immersion Playgroup</b> <b>9:00am to 11:00am</b> <b>Van Lang Field House</b> <b>29 Van Lang Pvt.</b>	<b>Ottawa Children's Treatment Centre Specialized Playgroup</b> <b>9:00am to 11:00am</b> <b>Le Centre de traitement pour enfants d'Ottawa</b> <b>9 h à 11 h</b>   <b>Postpartum Support Drop-in</b> <b>9:30am to 11:30am</b> <b>265 Carling Ave.</b> <b>Starting May 3 until June 28</b> <b>For mothers and infants</b> <b>0 to 12 months</b>	<b>Drop-in Playgroup</b> <b>9:00am to 11:00am</b> <b>Early Learning and Health Program</b> <b>9:30am to 11:30am</b> <b>450 Laurier Ave.</b>	<b>New Dads: Providing Postpartum Support Drop-in</b> <b>9:30am to 11:30am</b> <b>Every 2<sup>nd</sup> &amp; 3<sup>rd</sup> Saturday of each month</b>  <b>Drop-in Playgroup</b> <b>9:00am to 11:00am</b> <b>CLOSED every 1<sup>st</sup> &amp; 4<sup>th</sup> Saturday of each month and long weekends.</b> <b>FERMÉ chaque 1<sup>er</sup> et 4<sup>e</sup> samedi du mois et les longues fin de semaines.</b>  <b>CLOSED/FERMÉ</b> <b>April 7, 28 avril</b> <b>May 5, 19, 26 mai</b> <b>June 2, 23, 30 juin</b>
<b>Closed / Fermé</b> <b>12:00 to 1:00 pm / 12 h à 13 h</b>					
<b>Drop-in Playgroup Seahorses Gym Squad</b> <b>6:00pm to 7:30pm</b> <b>Connaught Public School</b> <b>1149 Gladstone Ave.</b> <b>Seasonal closure as of June 11</b> <b>For Male Family Members, Friends, Caregivers, Guardians with children ages 3 to 6 years old</b> <b>CLOSED/FERMÉ</b> <b>April 2 avril</b> <b>May 21 mai</b> <b>June 11, 18, 25 juin</b>			<b>Infant Drop-in Playgroup</b> <b>1:15pm to 3:00pm</b> <b>For infants</b> <b>0 to 12 months</b>	<b>Breastfeeding Support Drop-in</b> <b>1:30pm to 3:00pm</b>	<b>Parenting in Ottawa Drop-in</b> <b>*Prenatal to 12 months*</b> <b>10:00am to 12:30pm</b>  <b>La Leche League</b> <b>10:00am to 11:30am</b> <b>Every 3<sup>rd</sup> Saturday of each month</b> <a href="https://www.lllc.ca/lllc-ottawa-saturday-couples">https://www.lllc.ca/lllc-ottawa-saturday-couples</a>

**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 [EarlyONyva@mothercraft.com](mailto:EarlyONyva@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 [EarlyONyva@mothercraft.com](mailto:EarlyONyva@mothercraft.com).

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



**Ontario TOY LENDING LIBRARY / JOUJOUTHÈQUE**



Tuesday/mardi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
<b>11:00 to 11:30</b> <b>11 h 00 à 11 h 30</b>	<b>3:00 to 3:30</b> <b>15 h 00 à 15 h 30</b>	<b>11:00 to 11:30</b> <b>11 h 00 à 11 h 30</b>  <b>CLOSED/FERMÉ</b> <b>Mar 30 mar</b>	<b>11:00 to 11:30</b> <b>11 h 00 à 11 h 30</b> <b>CLOSED/FERMÉ</b> <b>March 31 mars</b> <b>April 7, 28 avril</b> <b>May 5, 19, 26 mai</b> <b>June 2, 23, 30 juin</b>

## 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 April 4<sup>th</sup>, 2018 at 9:30am / Les inscriptions débuteront le 4 avril 2018 à 9 h 30**

**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: WEDNESDAYS**

April 11, 18 and 25

**Time:** 9:30am to 10:30am

**Location:** Mothercraft Ottawa  
475 Evered Ave.

**Facilitator:** Courtney Holmes



**When: TUESDAYS**

May 15, 22 and 29

**Time:** 2:00pm to 3:00pm

**Location:** Mothercraft Ottawa  
475 Evered Ave.

**Facilitator:** Marie-Claude Pilon

**For infants under 9 months.**

**Cet atelier est offert en anglais seulement.**

**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:** 18, 25 avril et 2 mai

**OU** 9, 16 et 23 mai

**OU** 6, 13 et 20 juin

**Heure:** 13 h 45 à 14 h 45

**Lieu:** Bibliothèque Rosemount  
18, avenue Rosemount

**Animatrice:** Marie-Claude Pilon et  
Isabelle Culot

**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:** April 23

**OR** May 14

**OR** June 18

**Time:** 10:00am to 10:45am

**Location:** Van Lang Field House  
29 Van Lang Pvt.

**Facilitator:** Derek McKinley

**Craving Change:** Eating well can be hard. It can be even harder as a Mom with a new baby or young family, especially in the first year after pregnancy. Many Factors challenge your ability to make choices you feel good about in the long run. The Craving Change workshop series is a guide for changing your relationship with food and getting you back on track with healthy eating, without dieting. Understand "why" you eat the way you do and to learn strategies to positively change the eating behaviours of you and your family, while learning to build a positive relationship with food. This workshop is for postpartum moms

**For Mothers of infants 12 months and under**

**Cet atelier est offert en anglais seulement**

**When:** May 9, 16, 23 and 30

**Time:** 1:30pm to 3:00pm

**Location:** Mothercraft Ottawa

**Facilitator:** Alicia Ashton – RN



**Limits Help Children Grow:** Firm limits build a strong structure that gives children a sense of security. How can parents decide the rules that suit their family? How can they hold to the limits when children test them? And what adjustments need to be made as children grow?

**For families with children one to six years old**

**Cet atelier est offert en anglais seulement**

**When:** May 10

**Time:** 6:30pm to 8:30pm

**Location:** Mothercraft Ottawa

**Facilitator:** Betsy Mann



**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:** May 17

**Time:** 6:30pm to 8:30pm

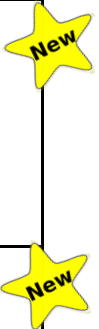
**Location:** Mothercraft Ottawa

**Facilitator:** Elisa Costanza-Reyes

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<p><b><u>Comfort Measures for Labour:</u></b> 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. <b><u>For expectant mothers and their labour support person.</u></b> <b><u>Cet atelier est offert en anglais seulement.</u></b></p>	<p><b><u>When:</u></b> May 24 <b><u>Time:</u></b> 7:00pm to 8:30pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Courtney Holmes</p>
<p><b><u>Three Year Olds Don't Think Like We Do:</u></b> 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. <b><u>For families with children one to six years old</u></b> <b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> May 24 <b><u>Time:</u></b> 6:30pm to 8:30pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Betsy Mann</p>
<p><b><u>Emotional and Social Skills for School Readiness:</u></b> Being ready for school means more than children knowing letters and numbers. When children can deal with strong emotions and get along with others, they are more open to learning. In this workshop, you will learn about typical emotional and social development. You will discover age-appropriate ways to build your child's skills through play. <b><u>For families with children one to six years old</u></b> <b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> June 7 <b><u>Time:</u></b> 6:30pm to 8:30pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Betsy Mann</p>
<p><b><u>The FUNdamentals:</u></b> Come learn about receptive language skills, expressive language skills and phonological awareness with a Speech-Language Pathologist. You will learn more about reading with your child and reaping the benefits, The DO's and DON'Ts of shared reading and choosing the right books for your child's language level! <b><u>For families with children under the age of six years old.</u></b> <b><u>Cet atelier est offert en anglais seulement.</u></b></p>	<p><b><u>When:</u></b> June 7 <b><u>Time:</u></b> 6:30pm to 8:30pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Anik Labrèche-Garby and Sharon Burgess</p>
<p><b><u>Emotion Coaching – A Model For The Prevention Of Mental Health Issues In Children:</u></b> 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. <b><u>For families with children under the age of six years old.</u></b> <b><u>Cet atelier est offert en anglais seulement.</u></b></p>	<p><b><u>When:</u></b> June 14 <b><u>Time:</u></b> 6:30pm to 8:30pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Stacey Kosmerly</p>



## Mothercraft Ottawa's Postpartum Support Drop-in

Mothercraft Ottawa's Postpartum Support Drop-in for women needing a safe, supportive environment to connect, share, listen, support one another, explore postpartum issues, and learn coping strategies and skills.

These support drop-ins are the first of their kind and designed to be relaxed, engaging and informative. Facilitated by Birth and Postpartum professional, Susan Martensen BDT/PDT(DONA).



<p><b>Mondays</b> Time: 10am to 12pm Location: 475 Evered Ave.</p>	<p><b>Thursdays</b> Time: 9:30am to 11:30am Additional Location: 265 Carling Ave. (7th Floor) <b>*Starting May 3<sup>rd</sup> to June 28<sup>th</sup>, 2018*</b></p>
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# 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 2<sup>nd</sup> and 3<sup>rd</sup> Saturday of the month, from 9:30am to 11:30am

**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:** April 7

May 5

June 2

**Time:** 1:00pm to 4:00pm

**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:** June 7, 14, 21 and 28

**Time:** 6:30pm to 8:00pm

**Location:** Mothercraft Ottawa

**Facilitator:** Susan Martensen

Babies under 12 months are welcome to join!



**Registration will begin April 4<sup>th</sup>, 2018 at 9:30am**

**613-728-1839 ext.248**

**Cet atelier est offert en anglais seulement.**