

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>Sept 3 sept</b> <b>Oct 8 oct</b>	<b>Groupe de jeu pour les familles qui parlent le français</b> <b>9 h à 11 h</b>  <b>CLOSED/FERMÉ</b> <b>Dec 25 déc</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>CLOSED/FERMÉ</b> <b>Dec 26 déc</b>	<b>CHEO Development and Rehabilitation Program</b> <b>9:00am to 11:00am</b> <b>Programme de développement et de réadaptation du CHEO</b> <b>9 h à 11 h</b> <b>CLOSED/FERMÉ</b> <b>Dec 27 déc</b>  <b>Postpartum Support Drop-in</b> <b>9:30am to 11:30am</b> <b>265 Carling Ave.</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>*As of Sept 14*</b> <b>450 Laurier Ave.</b>  <b>CLOSED/FERMÉ</b> <b>Dec 28 déc</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>Sept 1, 22 sept</b> <b>Oct 6, 27 oct</b> <b>Nov 3, 24 nov</b> <b>Dec 1, 22, 29 déc</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.llc.ca/llc-ottawa-saturday-couples">https://www.llc.ca/llc-ottawa-saturday-couples</a>
<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>*As of Sept 24*</b> <b>Connaught Public School</b> <b>1149 Gladstone Ave.</b> <b>For Male Family Members, Friends, Caregivers, Guardians with children ages 3 to 6 years old</b> <b>CLOSED/FERMÉ</b> <b>Sept 3 sept</b> <b>Oct 8 oct</b> <b>Dec 24, 31 déc</b>		<b>Les Bons Contes Font Les Bons Amis</b> <b>13 h 30 à 14 h 30</b> <b>Van Lang Field House</b> <b>29 Van Lang Pvt.</b>  <b>CLOSED/FERMÉ</b> <b>Dec 26 déc</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>CLOSED/FERMÉ</b> <b>Dec 27 déc</b>	<b>Breastfeeding Support Drop-in</b> <b>1:30pm to 3:00pm</b>	

## Around the Rainbow Groups

For more information, please contact  
 Lisa Montroy at 613-725-3601 ext.105  
[lmontroy@familyservicesottawa.org](mailto:lmontroy@familyservicesottawa.org)



**Rainbow Families Art & Play:** 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:** Sept 15  
 Oct 13  
 Nov 3  
 Dec 1  
**Time:** 1:00 pm to 4:00 pm  
**Location:** Mothercraft Ottawa  
 475 Evered Ave.

**INFORMATION AND REFERRAL**

For any information on EarlyON 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 pm / 1 pm to 4 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

## 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 5<sup>th</sup>, 2018 at 9:30am / Les inscriptions débuteront le 5 septembre 2018 à 9 h 30

<p><b><u>Sing Song Party Time!</u></b> 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 being environmentally aware. Children are encouraged to 'join the band' by using percussion instruments, playing eco-themed games and of course dancing!</p> <p><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> October 1 <b><u>OR</u></b> October 22 <b><u>OR</u></b> November 5 <b><u>OR</u></b> December 3 <b><u>Time:</u></b> 10:00am to 10:45am <b><u>Location:</u></b> Van Lang Field House 29 Van Lang Pvt. <b><u>Facilitator:</u></b> Derek McKinley</p>															
<p><b><u>Sibling Rivalry:</u></b> With the arrival of a second child, parents have to handle a new category of human relationships. How do you encourage good feelings between brothers and sisters? Why can't they just be good friends and stop bothering us? This workshop will look at the roots of rivalries and how parents can build greater harmony in family life.</p> <p><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> October 4 <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>Power Of Dads:</u></b> 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!</p> <p><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> October 11 <b><u>Time:</u></b> 6:30pm to 8:30pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Dave Elder-PHN</p>															
<p><b><u>Infant Massage:</u></b> This 3 session workshop will allow parents to learn how to massage their baby which will help improve sleep, bonding, development and more. * <b><u>Be sure to review the dates, time and location of the session you select.</u></b> *</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none;"><b><u>When:</u></b> SATURDAYS</td> <td style="width: 33%; border: none;"><b><u>When:</u></b> WEDNESDAYS</td> <td style="width: 33%; border: none;"><b><u>When:</u></b> MONDAYS</td> </tr> <tr> <td style="border: none;">October 13, 20, 27</td> <td style="border: none;">October 17, 24, 31</td> <td style="border: none;">November 5, 12, 19</td> </tr> <tr> <td style="border: none;"><b><u>Time:</u></b> 1:30pm to 2:15pm</td> <td style="border: none;"><b><u>Time:</u></b> 9:30am to 10:15am</td> <td style="border: none;"><b><u>Time:</u></b> 1:30pm to 2:15pm</td> </tr> <tr> <td style="border: none;"><b><u>Location:</u></b> Mothercraft Ottawa 475 Evered Ave.</td> <td style="border: none;"><b><u>Location:</u></b> Mothercraft Ottawa 475 Evered Ave.</td> <td style="border: none;"><b><u>Location:</u></b> Mothercraft Ottawa 475 Evered Ave.</td> </tr> <tr> <td style="border: none;"><b><u>Facilitator:</u></b> Courtney Holmes</td> <td style="border: none;"><b><u>Facilitator:</u></b> Courtney Holmes</td> <td style="border: none;"><b><u>Facilitator:</u></b> Marie-Claude Pilon</td> </tr> </table> <p><b><u>For parents and caregivers of infants under 9 months.</u></b> <b><u>Cet atelier est offert en anglais seulement.</u></b></p>		<b><u>When:</u></b> SATURDAYS	<b><u>When:</u></b> WEDNESDAYS	<b><u>When:</u></b> MONDAYS	October 13, 20, 27	October 17, 24, 31	November 5, 12, 19	<b><u>Time:</u></b> 1:30pm to 2:15pm	<b><u>Time:</u></b> 9:30am to 10:15am	<b><u>Time:</u></b> 1:30pm to 2:15pm	<b><u>Location:</u></b> Mothercraft Ottawa 475 Evered Ave.	<b><u>Location:</u></b> Mothercraft Ottawa 475 Evered Ave.	<b><u>Location:</u></b> Mothercraft Ottawa 475 Evered Ave.	<b><u>Facilitator:</u></b> Courtney Holmes	<b><u>Facilitator:</u></b> Courtney Holmes	<b><u>Facilitator:</u></b> Marie-Claude Pilon
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<p><b><u>Building Self-Esteem:</u></b> "Self-Esteem" is a buzz word in books on parenting and education, but what does it really mean? Learn ways to help your children develop good self-image while you guide them through positive discipline. This workshop will focus on young children, but the techniques work to build self-esteem for all ages...including parents!</p> <p><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> October 18 <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> <div style="text-align: right;"></div>															
<p><b><u>Your Family's Medicine Cabinet and Beyond:</u></b> 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.</p> <p><b><u>Focus is on children under 3 but open to all families with children under the age of six years old.</u></b></p>	<p><b><u>When:</u></b> October 18 <b><u>Time:</u></b> 6:30pm to 8:30pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Alicia Ashton RN</p>															
<p><b><u>Fun with Books:</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!</p> <p><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> November 1 <b><u>Time:</u></b> 6:30pm to 8:30pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Anick Labrèche-Garby and Sharon Burgess</p>															
<p><b><u>Baby Signs and Songs:</u></b> In this 2 session series, learn to communicate with your baby before they talk, by learning signs and songs.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none;"><b><u>When:</u></b> WEDNESDAYS</td> <td style="width: 33%; border: none;"><b><u>When:</u></b> TUESDAYS</td> </tr> <tr> <td style="border: none;">November 7 and 14</td> <td style="border: none;">December 4 and 11</td> </tr> <tr> <td style="border: none;"><b><u>Time:</u></b> 10am to 11am</td> <td style="border: none;"><b><u>Time:</u></b> 1:30pm to 2:30pm</td> </tr> <tr> <td style="border: none;"><b><u>Location:</u></b> Mothercraft Ottawa 475 Evered Ave.</td> <td style="border: none;"><b><u>Location:</u></b> Mothercraft Ottawa 475 Evered Ave.</td> </tr> <tr> <td style="border: none;"><b><u>Facilitator:</u></b> Marie-Claude Pilon</td> <td style="border: none;"><b><u>Facilitator:</u></b> Marie-Claude Pilon</td> </tr> </table> <p style="text-align: center;"><b>*Be sure to review the dates, time and location of the session you select.*</b></p> <p><b><u>For parents and caregivers of infants under 18 months</u></b> <b><u>Cet atelier est offert en anglais seulement</u></b></p>		<b><u>When:</u></b> WEDNESDAYS	<b><u>When:</u></b> TUESDAYS	November 7 and 14	December 4 and 11	<b><u>Time:</u></b> 10am to 11am	<b><u>Time:</u></b> 1:30pm to 2:30pm	<b><u>Location:</u></b> Mothercraft Ottawa 475 Evered Ave.	<b><u>Location:</u></b> Mothercraft Ottawa 475 Evered Ave.	<b><u>Facilitator:</u></b> Marie-Claude Pilon	<b><u>Facilitator:</u></b> Marie-Claude Pilon					
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## 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 5<sup>th</sup>, 2018 at 9:30am / Les inscriptions débuteront le 5 septembre 2018 à 9 h 30

<p><b>Craving Change:</b> 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 learn strategies to positively change the eating behaviours of you and your family.</p> <p><b>For mothers of infants 12 months and under</b> <b>Cet atelier est offert en anglais seulement</b></p>	<p><b>When:</b> November 7, 14, 21 and 28 <b>Time:</b> 1:30pm to 3:30pm <b>Location:</b> Mothercraft Ottawa <b>Facilitator:</b> Alicia Ashton – RN</p> <div style="text-align: right; margin-top: 20px;"></div>
<p><b>Foundation For Healthy Sleep:</b> 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, routine, schedules, setting up the optimal environment, how to maximize sleep, expectations of sleep, nutrition and how it affects sleep, wake windows and learning gentle ways to transition from sleeping in your arms to a swing/bouncer/ co-sleeping to their own bed.</p> <p><b>For families with children under the age of two years old</b> <b>Cet atelier est offert en anglais seulement</b></p>	<p><b>When:</b> November 8 <b>Time:</b> 6:30pm to 8:30pm <b>Location:</b> Mothercraft Ottawa <b>Facilitator:</b> Elisa Costanza-Reyes</p>
<p><b>Autism Ontario– Diagnosis, now what?:</b> You have the diagnosis for your child but you don't know what your next step should be. We will discuss the steps to take once a child has received a diagnosis of Autism Spectrum Disorder. From funding, to educational resources, private options, to events in the community. Appropriate for any families with a new diagnosis.</p> <p><b>For families with children under the age of six years old.</b> <b>Cet atelier est offert en anglais seulement.</b></p>	<p><b>When:</b> November 15 <b>Time:</b> 6:30pm to 8:30pm <b>Location:</b> Mothercraft Ottawa <b>Facilitator:</b> Kelsey McDaniel</p>
<p><b>Emotion Coaching – A Model For The Prevention Of Mental Health Issues In Children:</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.</p> <p><b>For families with children under the age of six years old.</b> <b>Cet atelier est offert en anglais seulement.</b></p>	<p><b>When:</b> November 22 <b>Time:</b> 6:30pm to 8:30pm <b>Location:</b> Mothercraft Ottawa <b>Facilitator:</b> Stacey Kosmerly</p>
<p><b>The Postpartum Journey:</b> Whether you’re expecting, or have already begun your parenting journey, this workshop explores the often unexpected challenges and adjustments of growing your family. How do relationships change after having a baby? How do you take care of yourself first? Can making a postpartum plan truly help with the transition? Explore all these questions and more, as we learn strategies, coping skills, research and resources in a group setting.</p> <p><b>For families expecting or with children under the age of six years old.</b> <b>Cet atelier est offert en anglais seulement.</b></p>	<p><b>When:</b> November 22 <b>Time:</b> 6:00pm to 8:30pm <b>Location:</b> Mothercraft Ottawa <b>Facilitator:</b> Susan Martensen</p> <div style="text-align: right; margin-top: 20px;"></div>
<p><b>Setting Consequences:</b> Children learn self-discipline when they have to experience the consequences of their actions. But what consequences should be imposed and when? This workshop will discuss at what age to start using this way of teaching self-discipline and will help you set and maintain reasonable consequences. Consequences don’t need to be severe to work, just inevitable.</p> <p><b>For families with children one to six years old</b> <b>Cet atelier est offert en anglais seulement</b></p>	<p><b>When:</b> December 6 <b>Time:</b> 6:30pm to 8:30pm <b>Location:</b> Mothercraft Ottawa <b>Facilitator:</b> Betsy Mann</p>

## TOY LENDING LIBRARY / JOUJOUTHÈQUE

Tuesday/mardi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
11:00am to 11:30am 11 h à 11 h 30	3:00pm to 3:30pm 15 h à 15 h 30	11:00am to 11:30am 11 h à 11 h 30	11:00am to 11:30am 11 h à 11 h 30
CLOSED/FERMÉ Dec 25 déc	CLOSED/FERMÉ Dec 27 déc	CLOSED/FERMÉ Dec 28 déc	CLOSED/FERMÉ Sept 1, 22 sept Oct 6, 27 oct Nov 3, 24 nov Dec 1, 22, 29 déc

# 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!

**\*Infants 12 months and under are welcome!\***

**WHEN**

Every 2<sup>nd</sup> and 3<sup>rd</sup> Saturday of the month  
from 9:30 am to 11:30 am

**LOCATION**

Mothercraft Ottawa  
475 Evered Ave.

**FACILITATOR**

Susan Martensen-BDT/PDT (DONA)

**INFORMATION**

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

