

Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
Postpartum Support Drop-in 10:00am to 12:00pm For mothers and infants 0 to 12 months CLOSED/FERMÉ Feb 18 fév	Groupe de jeu pour les familles qui parlent le français 9 h à 11 h CLOSED/FERMÉ Jan 1 jan	Groupe d'immersion en français 9 h à 11 h French Immersion Playgroup 9:00am to 11:00am Van Lang Field House 29 Van Lang Pvt.	CHEO Development and Rehabilitation Program 9:00am to 11:00am Programme de développement et de réadaptation du CHEO 9 h à 11 h Postpartum Support Drop-in 9:30am to 11:30am 265 Carling Ave. For mothers and infants 0 to 12 months	Drop-in Playgroup 9:00am to 11:00am Early Learning and Health Program 9:30am to 11:30am 450 Laurier Ave. *As of Jan 11*	New Dads: Providing Postpartum Support Drop-in 9:30am to 11:30am Every 2nd & 3rd Saturday of each month Drop-in Playgroup 9:00am to 11:00am CLOSED every 1st & 4th Saturday of each month and long weekends. FERMÉ chaque 1^{er} et 4^e samedi du mois et les longues fin de semaines. CLOSED/FERMÉ Jan 5, 26 jan Feb 2, 16, 23 fév Mar 2, 23 mar
Closed / Fermé 12:00 to 1:00 pm / 12 h à 13 h					Parenting in Ottawa Drop-in *Prenatal to 12 months* 10:00am to 12:30pm La Leche League 10:00am to 11:30am Every 3rd Saturday of each month https://www.lllc.ca/lllc-ottawa-saturday-couples
Drop-in Playgroup Seahorses Gym Squad 6:00pm to 7:30pm *As of Jan 7* Connaught Public School 1149 Gladstone Ave. For Male Family Members, Friends, Caregivers, Guardians with children ages 3 to 6 years old CLOSED/FERMÉ Feb 18 fév March 11 mar		Les Bons Contes Font Les Bons Amis 13 h 30 à 14 h 30 Van Lang Field House 29 Van Lang Pvt.	Infant Drop-in Playgroup 1:15pm to 3:00pm For infants 0 to 12 months	Breastfeeding Support Drop-in 1:30pm to 3:00pm	

Around the Rainbow Groups

For more information, please contact
 Lisa Montroy at 613-725-3601 ext.105
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: January 12
 February 2
 March 2
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.

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.

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 January 9th, 2019 at 9:30am / Les inscriptions débuteront le 9 janvier 2019 à 9 h 30

Baby Signs and Songs: In this 2 session series, learn to communicate with your baby before they talk, by learning signs and songs.

When: MONDAY

January 21 and 28

Time: 1:30 pm to 2:30 pm

Location: Mothercraft Ottawa
475 Evered Ave.

Facilitator: Marie-Claude Pilon

For parents and caregivers of infants under 18 months

Cet atelier est offert en anglais seulement

When: WEDNESDAY

February 6 and 13

Time: 10:30 am to 11:30 am

Location: Mothercraft Ottawa
475 Evered Ave.

Facilitator: Marie-Claude Pilon

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

Exploring Breastfeeding: Breast/chestfeeding is natural, but it doesn't necessarily come naturally. Do you have one or more nurslings? Do you have any burning questions or nursing issues that you would like to address? This workshop will explore breast/chestfeeding by exposing some common myths. Participants are encouraged to come with questions for the La Leche League Volunteer.

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

Cet atelier est offert en anglais seulement.

When: February 27

Time: 1:30pm to 2:30pm

Location: Mothercraft Ottawa

Facilitator: Liette Connolly,
La Leche League
Volunteer

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 being 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: March 4

Time: 10:00am to 10:45am

Location: Van Lang Field House
29 Van Lang Pvt.

Facilitator: Derek McKinley

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.

For parents and caregivers of infants under 9 months.

Cet atelier est offert en anglais seulement.

When: March 6, 13 and 20

Time: 10:30 am to 11:30 am

Location: Mothercraft Ottawa
475 Evered Ave.

Facilitator: Marie-Claude Pilon

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 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.

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

Cet atelier est offert en anglais seulement.

When: March 7

Time: 6:30pm to 8:30pm

Location: Mothercraft Ottawa

Facilitator: Kelsey McDaniel

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.

When: March 21

Time: 6:30pm to 8:30pm

Location: Mothercraft Ottawa

Facilitator: Dave Elder-PHN

Baby & Toddler Sleep Seminar: We will discuss the importance of sleep, including how much sleep babies need, how many naps they require at various ages, common baby sleep challenges, and important tips that can get parents started on the road to great sleep for baby. We will also be available to answer individual questions. Let's get some amazing, healthy rest for the whole family!

For families with children newborn to 2.5 years old.

Cet atelier est offert en anglais seulement.

When: March 27

Time: 1:30 pm to 2:30 pm

Location: Mothercraft Ottawa

Facilitator: Erin Junker
Paediatric Sleep Consultant

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
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