<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Monday/lundi</td>
<td>Postpartum Support Drop-in</td>
<td>10:00am to 12:00pm</td>
<td>265 Carling Ave.</td>
</tr>
<tr>
<td></td>
<td>For mothers and infants 0 to 12 months</td>
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<tr>
<td>Tuesday/mardi</td>
<td>Groupe de jeu pour les familles qui parlent le français 9 h à 11 h</td>
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<tr>
<td>Wednesday/mercredi</td>
<td>Groupe d’immersion en français 9 h à 11 h</td>
<td>Van Lang Field House 29 Van Lang Pvt.</td>
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<tr>
<td>Thursday/jeudi</td>
<td>CHEO Development and Rehabilitation Program</td>
<td>9:00am to 11:00am</td>
<td>450 Laurier Ave.</td>
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<td></td>
<td>Programme de développement et de réadaptation du CHEO 9 h à 11 h</td>
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<tr>
<td>Friday/vendredi</td>
<td>Postpartum Support Drop-in</td>
<td>9:30am to 11:30am</td>
<td>405 Laurier Ave.</td>
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<td></td>
<td>For mothers and infants 0 to 12 months</td>
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<tr>
<td>Saturday/samedi</td>
<td>New Dads: Providing Postpartum Support Drop-in</td>
<td>9:30am to 11:30am</td>
<td>450 Laurier Ave.</td>
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<td><em>As of Jan 11</em></td>
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<td></td>
<td>Drop-in Playgroup</td>
<td>9:00am to 11:00am</td>
<td>450 Laurier Ave.</td>
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<td></td>
<td>French Immersion Playgroup</td>
<td>9:00am to 11:00am</td>
<td>450 Laurier Ave.</td>
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<td>For mothers and infants 0 to 12 months</td>
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<td>Closed / Fermé</td>
<td>12:00 to 1:00 pm</td>
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<td>Drop-in Playgroup</td>
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<td>12 h à 13 h</td>
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<td>Drop-in Playgroup</td>
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<td>Les Bons Contes Font</td>
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<td>Les Bons Amis 13 h 30 à 14 h 30</td>
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<td>Van Lang Field House</td>
<td>12:00 to 1:00 pm</td>
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<td>29 Van Lang Pvt.</td>
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<td></td>
<td>Infant Drop-in Playgroup</td>
<td>1:15pm to 3:00pm</td>
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<td>For infants 0 to 12 months</td>
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<td></td>
<td>Breastfeeding Support Drop-in</td>
<td>1:30pm to 3:00pm</td>
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<td>*Prenatal to 12 months</td>
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<td>Drop-in Playgroup</td>
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<td><em>As of Jan 7</em></td>
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<td></td>
<td>Connacht Public School</td>
<td>10:00am to 12:00pm</td>
<td>405 Laurier Ave.</td>
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<td>For Male Family Members, Friends, Caregivers, Guardians with children ages 3 to 6 years old</td>
<td>10:00am to 12:00pm</td>
<td>405 Laurier Ave.</td>
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<td>CLOSED/FERME</td>
<td>10:00am to 12:00pm</td>
<td>405 Laurier Ave.</td>
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<td>French Immersion Playgroup</td>
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<td><em>Closed every 1st &amp; 4th Saturday of each month and long weekends.</em></td>
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<td>FERMÉ chaque 1er et 4e samedi du mois et les longues fin de semaines.</td>
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<td>Closer / Fermé</td>
<td>10:00am to 12:00pm</td>
<td>405 Laurier Ave.</td>
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<td>Parenting in Ottawa</td>
<td>10:00am to 12:00pm</td>
<td>405 Laurier Ave.</td>
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<td>Drop-in Playgroup</td>
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<td>Le Leche League</td>
<td>10:00am to 12:00pm</td>
<td>405 Laurier Ave.</td>
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<td>10:00am to 12:30pm</td>
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<td></td>
<td>Rainbow Families Art &amp; Play:</td>
<td>10:00am to 12:30pm</td>
<td>405 Laurier Ave.</td>
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<td></td>
<td>For queer &amp; trans parents, caregivers, families, children and youth</td>
<td>10:00am to 12:30pm</td>
<td>405 Laurier Ave.</td>
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<td>10:00am to 12:30pm</td>
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<td>For families with gender creative, gender independent and trans children and youth</td>
<td>10:00am to 12:30pm</td>
<td>405 Laurier Ave.</td>
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<td></td>
<td>Rainbow Families Art &amp; Play:</td>
<td>10:00am to 12:30pm</td>
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<td></td>
<td>Join us in art &amp; play activities while connecting with other families</td>
<td>10:00am to 12:30pm</td>
<td>405 Laurier Ave.</td>
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<td></td>
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<td>We will have indoor and outdoor activities for all ages.</td>
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<td>When: January 12</td>
<td>10:00am to 12:30pm</td>
<td>405 Laurier Ave.</td>
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<td>February 2</td>
<td>10:00am to 12:30pm</td>
<td>405 Laurier Ave.</td>
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<td>March 2</td>
<td>10:00am to 12:30pm</td>
<td>405 Laurier Ave.</td>
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<td>Time: 1:00 pm to 4:00 pm</td>
<td>1:00 pm to 4:00 pm</td>
<td>405 Laurier Ave.</td>
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<td></td>
<td>Location: Mothercraft Ottawa</td>
<td>1:00 pm to 4:00 pm</td>
<td>405 Laurier Ave.</td>
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<tr>
<td></td>
<td>475 Evered Ave.</td>
<td>1:00 pm to 4:00 pm</td>
<td>405 Laurier Ave.</td>
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</table>

**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

**In Montreuil-Coupeau**

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 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

**Free support services**

**Breastfeeding Support Drop-in**

**When**: January 12
**February 2**
**March 2**
**Time**: 1:30pm to 3:00pm
**Location**: Mothercraft Ottawa

**475 Evered Ave.**

**Drop-in Playgroup**

**When**: January 12
**February 2**
**March 2**
**Time**: 1:30pm to 3:00pm
**Location**: Mothercraft Ottawa

**475 Evered Ave.**

**New Dads: Providing Postpartum Support Drop-in**

**When**: January 12
**February 2**
**March 2**
**Time**: 1:30pm to 3:00pm
**Location**: Mothercraft Ottawa

**475 Evered Ave.**

**Drop-in Playgroup**

**When**: January 12
**February 2**
**March 2**
**Time**: 1:30pm to 3:00pm
**Location**: Mothercraft Ottawa

**475 Evered Ave.**

**Groupe de jeu pour les familles qui parlent le français 9 h à 11 h**

**Closed / Fermé**

**When**: January 12
**February 2**
**March 2**
**Time**: 1:30pm to 3:00pm
**Location**: Mothercraft Ottawa

**475 Evered Ave.**

**Drop-in Playgroup**

**When**: January 12
**February 2**
**March 2**
**Time**: 1:30pm to 3:00pm
**Location**: Mothercraft Ottawa

**475 Evered Ave.**
**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 families and caregivers of infants under 18 months

Cet atelier est offert en anglais seulement.

**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.*

**When:** WEDNESDAY  
February 6 and 13  
**Time:** 10:30 am to 11:30 am  
**Location:** Mothercraft Ottawa  
475 Evered Ave.  
**Facilitator:** Marie-Claude Pilon

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

Cet atelier est offert en anglais seulement.

**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!

**When:** TUESDAY  
February 27  
**Time:** 1:30 pm to 2:30 pm  
**Location:** Mothercraft Ottawa  
475 Evered Ave.  
**Facilitator:** Derek McKinley

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

Cet atelier est offert en anglais seulement.

**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.*

**When:** WEDNESDAY  
March 6, 13 and 20  
**Time:** 10:30 am to 11:30 am  
**Location:** Mothercraft Ottawa  
475 Evered Ave.  
**Facilitator:** Marie-Claude Pilon

For parents and caregivers of infants under 9 months.

Cet atelier est offert en anglais seulement.

**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.*

**When:** THURSDAY  
March 7  
**Time:** 6:30pm to 8:30pm  
**Location:** Mothercraft Ottawa  
475 Evered Ave.  
**Facilitator:** Kelsey McDaniel

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

Cet atelier est offert en anglais seulement.

**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!*

**When:** SATURDAY  
March 27  
**Time:** 1:30 pm to 2:30 pm  
**Location:** Mothercraft Ottawa  
475 Evered Ave.  
**Facilitator:** Erin Junker  
Paediatric Sleep Consultant

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

Cet atelier est offert en anglais seulement.

**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!*

**When:** FRIDAY  
March 21  
**Time:** 6:30pm to 8:30pm  
**Location:** Mothercraft Ottawa  
475 Evered Ave.  
**Facilitator:** Dave Elder- PHN

For families with children newborn to 2.5 years old.

Cet atelier est offert en anglais seulement.

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**TOY LENDING LIBRARY / JOUJOUTHÈQUE**

<table>
<thead>
<tr>
<th>Tuesday/mardi</th>
<th>Thursday/jeudi</th>
<th>Friday/vendredi</th>
<th>Saturday/samedi</th>
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| 11:00am to 11:30am  
11 h à 11 h 30  
CLOSED/FERMÉ  
Jan 1 Jan | 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  
Jan 5, 26 Jan  
Feb 2, 16, 23 fév  
Mar 2, 23 mar |

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.