

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 April 22 avril May 20 mai	Groupe de jeu pour les familles qui parlent le français 9 h à 11 h	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. CLOSED/FERMÉ April 12/19 avril	New Dads: Providing Postpartum Support Drop-in 9:30am to 11:30am <i>Every 2nd & 3rd Saturday of each month</i> Drop-in Playgroup 9:00am to 11:00am <i>CLOSED every 1st & 4th Saturday of each month and long weekends.</i> <i>FERMÉ chaque 1^{er} et 4^e samedi du mois et les longues fin de semaines.</i> CLOSED/FERMÉ April 6/20/27 avril May 4/18/25 mai June 1/22 juin
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 <i>Every 3rd Saturday of each month</i> https://www.lllc.ca/lllc-ottawa-saturday-couples
Drop-in Playgroup Seahorses Gym Squad 6:00pm to 7:30pm Connaught Public School 1149 Gladstone Ave. For Male Family Members, Friends, Caregivers, Guardians with children ages 3 to 6 years old CLOSED/FERMÉ April 22 avril May 20 mai June 3/10/17/24 juin		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 CLOSED/FERMÉ April 12/19 avril	

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: April 6
 May 4
 June 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.

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 April 3rd, 2019 at 9:30am / Les inscriptions débuteront le 3 avril 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

May 6 and 13

Time: 1:30pm to 2:30pm

Location: Mothercraft Ottawa
475 Evered Ave.

Facilitator: Marie-Claude Pilon

When: THURSDAYS

May 9 and 16

Time: 10am to 11am

Location: Mothercraft Ottawa
475 Evered Ave.

Facilitator: Marie-Claude Pilon

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

For parents and caregivers of infants under 18 months

Cet atelier est offert en anglais seulement

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

For parents and caregivers of infants under 9 months.

Cet atelier est offert en anglais seulement.

When: April 17, 24 and May 1

Time: 10am to 11am

Location: Mothercraft Ottawa
475 Evered Ave.

Facilitator: Marie-Claude Pilon

Nature Walk: Come join us this spring for a beautiful nature walk. You and your child will be encouraged to explore, discover and communicate in fun and expressive ways while enjoying the great outdoors.

For families with children ages 2 to 4 years old.

Cet atelier est offert en anglais seulement.

When: June 3

Time: 10am to 11:30am

Location: Fletcher Wildlife
Garden on Prince Of Wales Dr.

Facilitator: Marie-Claude Pilon

Exploring Breastfeeding: Breast/chestfeeding is natural, but it doesn't necessarily come naturally. Are you expecting? 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 or expecting.

Cet atelier est offert en anglais seulement.

When: June 5

Time: 1:30pm to 2:30pm

Location: Mothercraft Ottawa

Facilitator: Liette Connolly,
La Leche League
Volunteer

Power Of Dads: A parenting workshop for fathers and male caregivers of children from 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: June 6

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 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: June 25

Time: 1:30pm to 2:30pm

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
		CLOSED/FERMÉ April 12/19 avril	CLOSED/FERMÉ April 6/20/27 avril May 4/18/25 mai June 1/22 juin