

# October

**Waterbridge Schoolage Program**  
(Farley Mowat Public School)  
**75 Waterbridge Dr.**  
**613-728-1839**



**EarlyONyva@mothercraft.com**  
**www.mothercraft.com**

**SOUTH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>CHEO</b> <b>Development and</b> <b>Rehabilitation Drop-in</b> <b>Program</b> 9:30 am to 11:30 am</p> <p><b>*CLOSED Thanksgiving</b> <b>Monday, October 14th*</b></p>	<p><b>Postpartum Support</b> <b>Drop-In</b> 10 am to 12 pm <b>For mothers with infants</b> 0 to 12 months <b>*Starting Sept 17th*</b></p>	<p><b>CLOSED</b></p> <p>For Information and referrals, please call 613-728-1839 ext. 221</p>	<p><b>Infant Drop-in</b> <b>Playgroup</b> 9:30 am to 11:30 am</p> <p><b>*Special Activity*</b> <b>October 17th and 24th</b></p> <p>During the Infant Drop-In, Infant Massage sessions will be offered. Learn the many benefits of Infant Massage for you and your baby!</p>
FRIDAY	SATURDAY		
<p><b>Drop-in Playgroup</b> 9:30 am to 11:30 am</p>	<p><b>CLOSED</b></p>	<p> <b>Outdoor stroller parking only!</b></p>	<p> <b>Nut Free™</b></p>
		<p> <b>Please bring indoor shoes!</b></p>	<p><b>Scent Free</b> <b>ZONE</b></p>



# Free Workshops

Registration is required for these workshops.

Please call 613-728-1839 ext.248 to complete your registration.

## PJ Yoga

For parents and children to connect through fun-filled, imaginative, and relaxing poses.

Wear your pyjamas and wind down before heading home to bed!

**When: Monday, October 28th**

**Time: 6:30 pm to 7:15 pm**

**Location: 75 Waterbridge Dr.**



### CHEO

Drop-in playgroup for children 0 to 6 years with special needs and/or developmental delays. A CHEO consultant is present to help with questions and concerns about your child's development.

### Drop-in Playgroup

Drop-in playgroup for parents/caregivers and children 0 to 6 years of age.

### Infant Drop-In Playgroup

Infant Drop-In Playgroup Drop-in playgroup geared towards infants, offered in an age appropriate setting. For parents/caregivers and their infants 0 to 12 months of age.

### Postpartum Support Drop-in

Drop-in support for mothers experiencing perinatal mental health challenges. Infants 0 to 12 months of age are welcome.



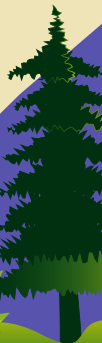
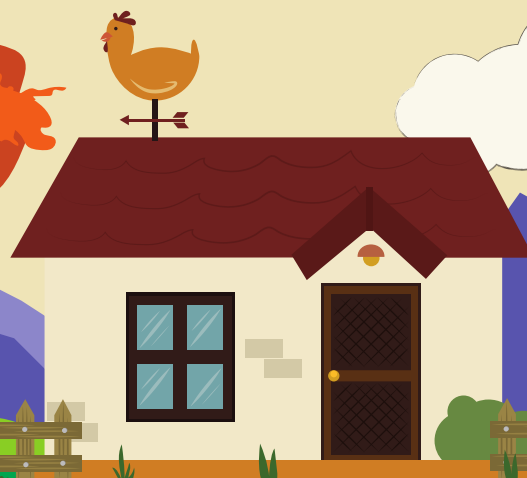
# October

**Mothercraft Ottawa**  
475 Evered Ave.  
613-728-1839

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**CENTRAL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p><b>CLOSED</b></p> <p>For Information and referrals, please call 613-728-1839 ext. 221</p>	<p><b>Drop-in Playgroup</b> 9:30 am to 11:30 am 475 Evered Ave.</p>	<p><b>Postpartum Support Drop-In</b> 10 am to 12 pm 475 Evered Ave. Infants 0 to 12 months are welcome</p> <p><b>Bilingual Drop-in Playgroup</b> 9:30 am to 11:30 am 29 Van Lang Pvt.</p>	<p><b>CHEO Development and Rehabilitation Drop-in Program</b> 9:30 am to 11:30 am 475 Evered Ave.</p>
FRIDAY	SATURDAY		
<p><b>Early Learning and Health Program</b> 9:30 am to 11:30 am 450 Laurier Ave.</p> <p><b>Breastfeeding Support Drop-in</b> 1:30 pm to 3:00 pm 475 Evered Ave</p>	<p><b>Parenting in Ottawa Drop-In</b> 10 am to 12:30 pm 475 Evered Ave. Prenatal to 12 months</p>	<p><b>Partners Postpartum Support Drop-in</b> *1st Saturdays of the month* 9:30 am to 11:30 am 475 Evered Ave. Infants 0 to 12 months are welcome</p>	<p><b>La Leche League</b> *3rd Saturday of each month* 10 am to 11:30 am 475 Evered Ave.</p>
	<p>Scent Free <b>ZONE</b></p>	<p><b>Please bring indoor shoes!</b></p> 	



# Free Workshops

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## Nature Walk 1:30 pm to 2:30 pm October 23rd Brewer Park

100 Brewer Way  
Ottawa, Ontario  
K1S 5T1



### Postpartum Support Drop-in

Drop-in support for mothers experiencing perinatal mental health challenges. Infants 0 to 12 months of age are welcome.

### CHEO

Drop-in playgroup for children 0 to 6 years with special needs and/or developmental delays. A CHEO consultant is present to help with questions and concerns about your child's development.

### Drop-in Playgroup

Drop-in playgroup for parents/caregivers and children 0 to 6 years of age.

### Bilingual Drop-in Playgroup

A bilingual drop-in playgroup for parents and caregivers with children 0 to 6 years, interested in exposing their families to the French language.

### Breastfeeding Support Drop-in

Drop-in facilitated with Board Certified Lactation Consultants

### Partners Postpartum Support Drop-in

For partners seeking support during their transition to parenting and/or supporting their significant other's experience with perinatal mental health challenges. Infants 0 to 12 months of age are welcome.

### Parenting in Ottawa

Drop-in support for expectant parents, parents, and caregivers, to speak with a public health nurse about parenting your child from 0 to 12 months.

### La Leche

Drop-in for expectant parents and parents who have questions or want to learn more about breastfeeding/chestfeeding

### Early Learning and Health Program

School readiness drop-in playgroup in partnership with Centretown Community Health Centre.