

December

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

EarlyONyva@mothercraft.com
www.mothercraft.com

SOUTH

MONDAY

CHEO
Development and
Rehabilitation Drop-in
Program
9:30 am to 11:30 am

Closed Dec 30th, 2019

TUESDAY

Postpartum Support
Drop-in
10:00 am to 12:00 pm
For mothers with infants
0 to 12 months

WEDNESDAY

CLOSED

For Information and
referrals, please call
613-728-1839 ext. 221

THURSDAY

Infant Drop-in
Playgroup
9:30 am to 11:30 am

Closed Dec 26th, 2019

FRIDAY

Drop-in Playgroup
9:30 am to 11:30 am

Closed Dec 27, 2019

SATURDAY

CLOSED



Outdoor stroller parking only!



Please bring indoor shoes!

Scent Free
ZONE

If you haven't joined us yet,
come check out our new space!



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 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.

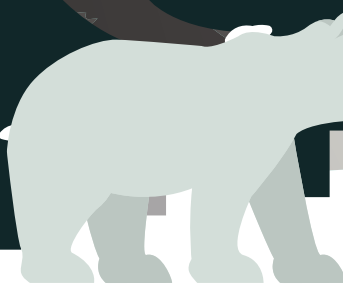
December

Mothercraft Ottawa
475 Evered Ave.
613-728-1839

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CENTRAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>CLOSED</p> <p>For Information and referrals, please call 613-728-1839 ext. 221</p>	<p>Drop-in Playgroup 9:30 am to 11:30 am 475 Evered Ave.</p> <p>*Closed Dec 24th and Dec 31st, 2019*</p>	<p>Postpartum Support Drop-In 10:00 am to 12:00 pm 475 Evered Ave. Infants 0 to 12 months are welcome</p> <p>*Closed Dec 25th, 2019*</p> <p>Bilingual Drop-in Playgroup 9:30 am to 11:30 am 29 Van Lang Pvt.</p> <p>*Closed Dec 25th, 2019*</p>	<p>CHEO Development and Rehabilitation Drop-in Program 9:30 am to 11:30 am 475 Evered Ave.</p> <p>*Closed Dec 26th, 2019*</p>
FRIDAY	SATURDAY		
<p>450 Laurier Drop-In Playgroup 9:30 am to 11:30 am 450 Laurier Ave.</p> <p>*Closed Dec 27th, 2019*</p> <p>Breastfeeding Support Drop-in 1:30 pm to 3:00 pm 475 Evered Ave.</p> <p>*Program concluding Dec 27th, 2019*</p>	<p>Partners Postpartum Support Drop-in *1st Saturday of the month* 9:30 am to 11:30 am 475 Evered Ave. Infants 0 to 12 months are welcome</p> <p>Parenting in Ottawa Drop-In 10:00 am to 12:30 pm 475 Evered Ave. Prenatal to 12 months</p> <p>La Leche League *3rd Saturday of the month* 10:00 am to 11:30 am 475 Evered Ave.</p>		



Scent Free
ZONE

Please bring indoor shoes!



Free Workshops

Registration is required for this workshop.

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

Nature Walk

Come join us for a beautiful nature walk. Explore, discover and communicate in fun and expressive ways while enjoying the great outdoors.

When: Monday, December 16th

Time: 1:30 pm to 2:30 pm

Location:

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.

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.

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 for those seeking breastfeeding support from an International Board Certified Lactation Consultant.

Drop-in Playgroup

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

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.

450 Laurier

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