



SOUTH

January to March

Waterbridge School Age Program

(Farley Mowat Public School)

75 Waterbridge Dr.

613-728-1839

EarlyONyva@mothercraft.com

www.mothercraft.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CHEO Development and Rehabilitation Drop-in Program 9:30 am to 11:30 am *CLOSED February 17*	Postpartum Support Drop-in 10:00 am to 12:00 pm For mothers with infants 0 to 12 months	 CLOSED For Information and referrals, please call 613-728-1839 ext. 221	Infant Drop-in Playgroup 9:30 am to 11:30 am *CLOSED January 2*
FRIDAY	SATURDAY		
Drop-in Playgroup 9:30 am to 11:30 am *CLOSED January 3*	Drop-in Playgroup 9:30 am to 11:30 am *CLOSED January 4*		



Outdoor stroller parking only!



Scent Free
ZONE



Please bring indoor shoes!

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.

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

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

Free Workshops

Registration is required for this workshop.

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

Your Family's Medicine Cabinet

Cold and flu season is upon us. Do you worry about how to treat fevers, stuffy noses, vomiting, diarrhea and other childhood ailments? Do you wonder when you should see your doctor or go to CHEO? This session is taught by a Registered Nurse with CHEO and will provide you with tips, tricks and tools to manage typical childhood illnesses at home.

When: Wednesday, January 29

Time: 10:00 am to 12:00 pm

Location:

75 Waterbridge Dr.



Baby Signs and Songs

Learn to communicate with your baby before they talk by learning through signs and songs.

For infants under 18 months.

When: February 3 and 10

Time: 1:00 pm to 2:00 pm

Location:

75 Waterbridge Dr.



The Power of Connection Through Communication and Physical Play

Tips and tricks to promote social interactions in school—whether your child is the shy one or the extroverted one, we will provide tricks to help children communicate and self-regulate when in a social setting. We will go through 3 games/activities and discuss ways to encourage participation and communication while working on fine or gross motor skills.

For Children between the ages of 4 to 6 years

When: Thursday, February 20

Time: 6:30 pm to 8:00 pm

Location:

75 Waterbridge Dr.



Car Seat Information Workshop

Do you have a littleone in a car seat? Confused by the manual? Wondering if they ready for the next seat/stage? Then this is a workshop for you. Come have your

questions answered by a CPSAC trained technician.

When: Wednesday, March 4

Time: 10:00 am to 11:00 am

Location:

75 Waterbridge Dr.



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CENTRAL

MONDAY



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

TUESDAY

Drop-in Playgroup
9:30 am to 11:30 am
475 Evered Ave.

WEDNESDAY

Postpartum Support Drop-In
10:00 am to 12:00 pm
475 Evered Ave.
For mothers with infants 0 to 12 months

Bilingual Drop-in Playgroup
9:30 am to 11:30 am
29 Van Lang Pvt.

THURSDAY

CHEO Development and Rehabilitation Drop-in Program
9:30 am to 11:30 am
475 Evered Ave.

FRIDAY

450 Laurier Drop-In Playgroup
9:30 am to 11:30 am
450 Laurier Ave.

SATURDAY

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

Parenting in Ottawa Drop-In
10:00 am to 12:30 pm
475 Evered Ave.
Prenatal to 12 months

La Leche League
3rd Saturday of the month
10:00 am to 11:30 am
475 Evered Ave.

La Leche

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

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.

Postpartum Support Drop-in

Drop-in support for mothers experiencing 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.



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.

450 Laurier Drop-In Playgroup

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

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.

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

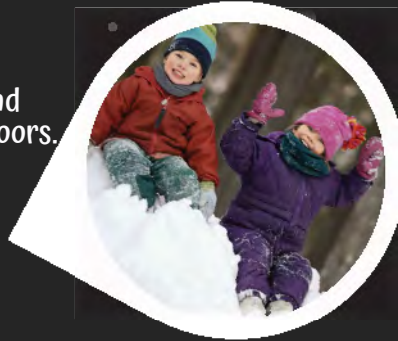
Come join us for a beautiful nature walk. Explore, discover and communicate in fun and expressive ways while enjoying the great outdoors.

When: February 24

Time: 1:30 pm to 2:30 pm

Location:

Brewer Park,
100 Brewer Way



Outdoor Drop-in

Come join us at the park for a fun outdoor afternoon with our EarlyON facilitators!

When: February 21

OR March 27

Time: 1:30 pm to 2:30 pm

Location:

Glebe Memorial Park,
75 Glendale Ave.



Your Family's Medicine Cabinet

Cold and flu season is upon us. Do you worry about how to treat fevers, stuffy noses, vomiting, diarrhea and other childhood ailments? Do you wonder when you should see your doctor or go to CHEO? This session is taught by a Registered Nurse with CHEO and will provide you with tips, tricks and tools to manage typical childhood illnesses at home.

When: February 19

Time: 1:30 pm to 3:30 pm

Location:

Mothercraft Ottawa
475 Evered Ave.

Power of Infant Play and Interaction

Playful activities to promote speech and gross motor development and develop your baby's many senses (body awareness, touch, sight). Learn about primitive reflexes and their roles in your baby's body and brain development.

For infants 0 to 18 months

When: Friday, January 17

Time: 1:00 pm to 3:00 pm

Location: 475 Evered Ave.



Playdoh Ideas for Overall Development

Tips and trick for Playdoh activities to promote speech, social interactions, gross motor and fine motor development. Parents and kids will learn about eye-hand coordination and the links between fine and gross motor activities and speech development.

***For children between 3 and 4 years ***

When: Friday, February 21

Time: 1:00 pm to 3:00 pm

Location: 475 Evered Ave.

Winter Indoor Play: Sensory Rich Ideas

Sensory-rich activities for winter indoor play. We will go through 5 playful, therapeutic activities with parents and kids that helps develop the senses. Social interactions, fine and gross motor development are incorporated in the activities and explained to the caregivers as children learn and play.

***For children between 18 months to 3 years ***

When: Friday, March 6

Time: 1:00 pm to 3:00 pm

Location: 475 Evered Ave.



Baby Equipment: Are They Necessary?

Baby equipment – The good and the bad. The most beneficial activities for brain development, evidence based information from pediatric therapists.

For infants 0 to 18 months

When: Friday, March 13

Time: 1:00 pm to 3:00 pm

Location: 475 Evered Ave.