



EarlyONyva@mothercraft.com
www.mothercraft.com

Please note: until further notice our programs and services are closed. Our team is working remotely and will be offering virtual programming. Email us if you have any questions! We look forward to seeing you!

All programs require registration

Click on the hyperlinked program titles to register through Eventbrite.

Special Needs Support Drop-In

Are you a parent/caregiver of a child 6 yrs and under with special needs? Join us and other parents to share, connect and support one another.

THURSDAYS
8:30 pm to 9:30 pm

For more information contact
talor.bensonharper@mothercraft.com



Evening Storytime

Brush your teeth, put on your PJs and join us for a quick story before bed.

TUESDAYS
7:00 pm

L'Heure du Conte en Soirée

Brossez vos dents, mettez vos pyjamas et soyez parmi nous pour une histoire avant le dodo.

MERCREDIS
19 h

Postpartum Support Drop-In

For mothers with infants between the ages of 0 to 12 months experiencing perinatal mental health challenges.

TUESDAYS from 10 am to 12 pm
(Covid-19 specific)

WEDNESDAYS from 10 am to 12 pm

For more information contact
Courtney.Holmes@mothercraft.com

Postpartum Support for Dads/Partners Drop-In

This drop-in is designed to increase your understanding of perinatal mental health, help you learn to support your partner, explore strategies that will assist in your own adjustment and point you to current resources and research.

THURSDAY June 4 from 7:00 pm to 8:30 pm
SATURDAY June 20 from 9:30 am to 11:00 am

For more information contact
Courtney.Holmes@mothercraft.com

Circle Time

Join us for a Zoom circle time! We'll read a fun book, sing some songs and get moving!

MONDAYS
10 am

L'Heure du Cercle

Soyez parmi nous sur Zoom pour l'heure du cercle! Nous allons faire des lectures, chanter des chansons et faire des mouvements!

MARDIS
10 h

Join us on YouTube



Venez nous rejoindre sur
YouTube

Show and Tell

Pick your favorite toy or item to show some friends over Zoom!

WEDNESDAYS
10:00 am

Montre et Raconte

Apportez votre jouet ou objet préféré et venez le présenter aux amis sur Zoom!

MERCREDIS
9 h

Clothing Donation Closet

If you are in need of infant clothing sizes 0 to 12 months, please contact
bpcp@mothercraft.com

BY APPOINTMENT ONLY!

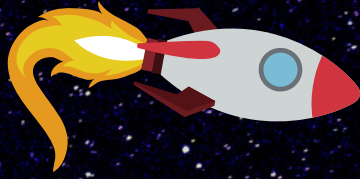
Activity Kits

Are you a parent/caregiver of children under the age of 6 yrs? Would you like some fun activity kits?
maggie.gomez@mothercraft.com.

BY APPOINTMENT ONLY!

Free Virtual Workshops

All virtual workshops require registration
Click on the hyperlinked titles to register through Eventbrite.



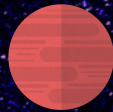
Playdoh Ideas for Overall Development

Tips and tricks 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 parents/caregivers with children between 3 and 4 years ***

When: June 12 from 1:30 on to 2:30 pm

Facilitator: ABC Pediatrics Therapies
and On the Ball Pediatrics

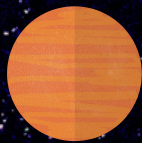


Baby and Toddler Sleep Seminar

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!

When: June 16 from 1:30 pm to 2:30 pm

Facilitator: The Happy Sleep Company



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! Join in for a super fun musical time celebrating our amazing planet! Derek starts each class with some basic yoga and then plays catchy songs that foster an appreciation for living healthy and environmentally aware.

When: June 27 from 10:30 am to 11:10 am

Facilitator: Derek McKinley

Zoo Crew

Just because we are practicing social distancing, doesn't mean our animals are any less ready to celebrate your special event! Join The Zoo Crew online for a virtual session with the animals to meet some furry, spiky, scaly and feathered friends! We cannot wait to show you the animals!

When:

June 11 from 2:00 pm to 2:30 pm

OR

June 20 from 10:30 am to 11 am

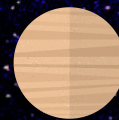


Gross Motor Development

We will discuss typical gross motor development from 0-12 months of age. We will also provide parents with ideas for purposeful play to encourage their child's development
For parents and caregivers

When: June 26 from 1:30 pm to 2:30 pm

Facilitator: On the Ball Pediatrics



Breastfeeding 101 Workshop

Learn about infant feeding, how to get off to a good start and feel confident feeding your baby. Learn how babies know just what to do and what you can do to help them do it. Partners are welcome and encouraged to attend

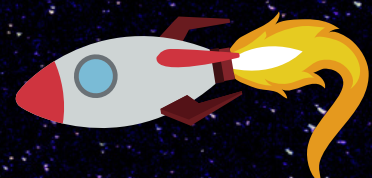
When:

June 9 from 1:00 pm to 2:30 pm

OR

June 11 from 7:00 pm to 8:30 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant



Resource List

Emergency

- 9-1-1

Shelter

- 3-1-1
<https://ottawa.ca/en/family-and-social-services/housing>

Food

- Ottawa Food Bank 613-745-7001
<https://www.ottawafoodbank.ca/get-help/>

Health

- Ottawa Public Health 613-580-6744
<https://www.ottawapublichealth.ca/en/index.aspx>
- Télé Santé Ontario: 1-866-797-0000

Community Information

- 2-1-1

Diverse Populations

- **OCISO** 613-725-5671 ext.316/ info@ociso.org/ www.ociso.org
Clinical Counselling and Mental Help support for immigrants and refugees
- **Hope for Wellness Help Line** 1-855-242-3310 or the online chat at [www.hopeforwellness.ca\(24/7\)](http://www.hopeforwellness.ca(24/7)).
For immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada
- **Unsafe at Home Ottawa** text 613-704-5535 or chat online at www.unsafeathomeottawa.ca
For Ottawa women living with violence and abuse
- **A Friendly Voice** 613-692-9992 or 1-855-892-9992
For isolated seniors

Local Counselling Agencies

- <https://walkincounselling.com/>

Distress Lines

- Ottawa Distress Centre (24/7) 613-238-3311
- Centre d'aide (24/7) 1-866-277-3553
- Crisis Line/ Ligne de Crise (24/7) 613-722-6914
- Child, Youth and Family Crisis Line/ Ligne de Crise enfant, jeunes et familles (24/7) 613-260-2360
- Canada Suicide Prevention Service (24/7) 1-833-456-4566
- Kids Help Phone (24/7) 1-800-668-6868

