



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 you to register

Click on the hyperlinked program titles to complete your registration.

Postpartum Support

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

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

WEDNESDAYS 10 am to 12 pm

For more information contact
Courtney.Holmes@mothercraft.com

Special Needs Support

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.

MONDAYS, TUESDAYS and THURSDAYS
7 pm to 7:30 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 à 19 h 30

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.

May 12 2:00 pm to 3:00 pm

May 14 7:00 pm to 8:00 pm

Workshop Facilitated by Beth McMillan
International Board Certified Lactation Consultant



Kids bilingual YOGA via their Facebook live

MONDAYS
2:30 pm

YOGA bilingue pour enfants via leurs Facebook live
LUNDIS
14 h 30

Circle Time

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

MONDAYS 3:30 pm to 4:00 pm

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 à 10 h 30

Join us on YouTube



Venez nous rejoindre sur
YouTube

Show and Tell

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

FRIDAYS 10:00 am to 10:30 am

Montre et Raconte

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

VENDREDIS 9 h 30 à 10 h

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!

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