August 2020
Mothercraft Ottawa
475 Evered Ave.
613-728-1839
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!

*All programs require registration*
Click on the hyperlinked program titles to register through Eventbrite.

Circle Time
Join us for a Zoom circle time! We’ll read our STAY-cation book of the week, do a fun activity and 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

Postpartum Support Drop-In
For mothers with infants between the ages of 0 to 12 months experiencing perinatal mental health challenges.

WEDNESDAYS
10 am to 12:30 pm
*Covid-19 specific
12 pm to 12:30 pm*

For more information contact
Courtney.Holmes@mothercraft.com

Dance with Vandana
Families are welcome to join us for some fun and vibrant Bollywood dancing! An energetic dance form performed to tunes of the popular Bollywood songs!

*For children 3 to 6 years old*
THURSDAYS
9:30 am to 10:00 am

For more information contact
talor.bensonharper@mothercraft.com

Special Needs Support Drop-In
Are you a parent/caregiver of a child 6 years and under with special needs?

*August 13th
from 8:00 pm to 9:30 pm
with special guest from ABC Pediatric Therapies talking about School Readiness

For more information contact
Courtney.Holmes@mothercraft.com

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

BY APPOINTMENT ONLY!

EarlyON Centres are open to all families in Ontario. They offer free, high-quality drop-in programs for families and children from birth to 6 years old.
Activities for Infants During Household Chores
Learn about fun ways to engage your infant in play and keep them out of trouble while being productive throughout the day. Not everything has to get done during nap time!
*For parents and caregivers with infants 0 to 12 months old*
When: August 19 from 1:30 pm to 2:30 pm
Facilitator: Stephanie Hassal, 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: August 20 from 1:30 pm to 2:30 pm
Facilitator: The Happy Sleep Company

School Readiness-Concepts and Directives
This Workshop will focus on sharing information on School Readiness Skills with simple and fun activities that you can do at home to help your child acquire those skills.
- Phonological Awareness skill
- Concepts & Directives
- Language/Vocabulary
*For parents and caregivers with children 3 to 5 years old*
When: August 12 from 1:00 pm to 2:00 pm
Facilitator: ABC Pediatrics Therapies

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: August 13 from 7:00 pm to 8:30 pm
Facilitator: Beth McMillan, International Board Certified Lactation Consultant

Baby Signs and Songs
Learn to communicate with your baby before they talk by learning signs and songs.
*For parents and caregivers with infants 0 to 12 months old*
When: August 10 from 9 am to 9:45 am OR August 24 from 9 am to 9:45 am
Facilitator: Mothercraft Ottawa, Marie-Claude Pilon

Postpartum Strategies for Dads and Partners
This workshop is facilitated by a Postpartum Doula, and will focus on the impacts of postpartum depression and anxiety on partners and explore concrete tools and strategies to provide support during the postpartum phase.
When: August 20 from 8 pm to 9:30 pm
Facilitator: Susan Martensen, Postpartum Professional

Free Virtual Workshops
*All virtual workshops require registration*
Click on the hyperlinked titles to register through Eventbrite.

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Resource List

Emergency
• 9-1-1

Shelter
• 3-1-1

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

Health
• Ottawa Public Health 613-580-6744
• 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).
  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