## 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 “Operation Imagination” book of the week, do a fun activity, sing songs and get moving!

**MONDAYS**
10:00 am  
Missed our Circle Time? Catch up on [YouTube](https://www.youtube.com)

**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**
10:00 am to 12:30 pm  
*Covid-19 specific* 12:00 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 popular Bollywood songs!

**THURSDAYS**
10:00 am to 10:30 am

*For children 3 to 6 years old*

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

Join us and other parents to share, connect and support one another.

**THURSDAYS**
8:00 pm to 9:00 pm  
*September 17th from 8:00 pm to 9:30 pm with special guest Sharon Burgess from ABC Pediatric Therapies talking about Understanding IEP*

For more information contact talor.bensonharper@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!**

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**September 2020**

Mothercraft Ottawa  
475 Evered Ave.  
613-728-1839

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**Ending September 4th, 2020**  
*Register by September 2, 2020 for your monthly kit!*

**Starting September 8th, 2020**

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**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.**
Free Virtual Workshops

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

**Communicative Milestones in the 1st Year**
This workshop will focus on communication milestones in the very 1st year and tips for parents.
*For Parents and caregivers with infants 0 to 12 months old*

When: September 11 from 1:00 pm to 2:00 pm
Facilitator: Sharon Burgess, ABC Pediatric 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: September 10 from 7:00 pm to 8:30 pm
Facilitator: Beth McMillan, International Board Certified Lactation Consultant

**All About Obstacle Courses**
Join us as we discuss the benefits of obstacle courses for kids! We will provide plenty of ideas to get your kids moving indoors and outdoors using a variety of household items you already have at home!
*For parents and caregivers with children 18 months to 6 years old*

When: September 23 from 1:30 pm to 2:30 pm
Facilitator: Stephanie Hassal, On the Ball Pediatric Physio and Occupational Therapy

**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: September 21 from 1:30 pm to 2:30 pm
Facilitator: Alex Tousignant, The Happy Sleep Company

**How to Survive and Thrive During the Postpartum Phase as a Couple**
Facilitated by a Postpartum Specialist, this workshop will discuss ways to make time for yourselves, as well as your relationship. Explore strategies and coping methods, tips and tricks of parenting and tools for thriving as a couple.

When: September 17 from 7:30 pm to 9:00 pm
Facilitator: Susan Martensen, Postpartum Professional

**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: September 21 from 9:00 am to 9:45 am
OR September 28 from 9:00 am to 9:45 am
Facilitator: Marie-Claude Pilon, Mothercraft Ottawa

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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