

**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  
 "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



## L'Heure du Cercle

Soyez parmi nous sur Zoom pour  
 l'heure du cercle! Nous allons lire  
 une histoire, chanter et bouger  
 ensemble!

**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!

**\*For children 3 to 6 years old\***

**THURSDAYS**

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

## 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

**Ending September 4th, 2020**

**Starting September 8th, 2020**

**\*Register by September 2, 2020 for your monthly kit!\***



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# Imagination Stay-cation

**CIRCLE TIME**  
 Tune in every Monday during our  
 Virtual Circle Time to read the  
 book of the week and complete  
 an exciting activity together!  
 Missed Circle Time?  
 Go to our YouTube channel to  
 catch up on what you've missed.

**ACTIVITY KITS**  
 Would you like a LOOT BAG filled  
 with fun activities?  
**Register weekly  
 through Eventbrite**  
 You must register weekly by  
 Wednesdays in order to get the  
 following week's kit  
 \*While quantities last

**BOOK WALK**  
 Take a stroll through the park  
 to read the featured  
 book of the week!  
 Clare Gardens Park  
 Westboro  
 K1Z 7E3  
 Cresthaven Park  
 Nepean  
 K2G 7B7

**YouTube**

Like us on Facebook or follow us on Instagram.  
 Share your pics with us for a chance to win a weekly prize!

 @MCOttawaSchoolReadiness   @mothercraftottawa 



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# Operation Imagination

Based on the Parent as Teachers Program  
 Starting September 2020

**CIRCLE TIME**  
 Tune in every Monday during our  
 Virtual Circle Time to read the  
 book of the week and complete  
 an exciting activity together!  
 Missed our Circle Time?  
 Catch up on

**ACTIVITY KITS**  
 Would you like a LOOT BAG filled  
 with fun activities?  
**Register monthly through Eventbrite**  
 Registration for the monthly kits ends at  
 5:00 PM on the following dates:  
 September 2  
 September 30  
 October 28  
 November 25  
 \*While quantities last  
 \*Pick up details found on Eventbrite  
 \*Kits can only be picked up on the designated date

**BOOK WALK**  
 Take a stroll through the park  
 to read the featured  
 book of the week!  
 Clare Gardens Park  
 Westboro  
 K1Z 7E3  
 Cresthaven Park  
 Nepean  
 K2G 7B7

**YouTube**

Like us on Facebook or follow us on Instagram.  
 Share your pics with us for a chance to win a monthly prize!

 @MCOttawaSchoolReadiness   @mothercraftottawa 

## Clothing Donation Closet

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

**BY APPOINTMENT ONLY!**



# 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



# 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](mailto:info@ociso.org)/ [www.ociso.org](http://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](http://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

