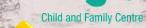


Mothercraft Ottawa 475 Evered Ave. 613-728-1839





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.



TO TO TO TO

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

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!*





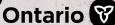
Clothing Donation Closet

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.





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

O to 12 months old*

When:

September 11 from 1:00 pm to 2:00 pm

Facilitator: Sharon Burgess, ABC Pediatric Therapies



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

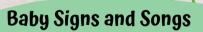
How to Survive and Thrive During the Postpartum Phase as a Couple

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



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

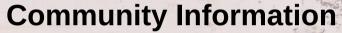
 3-1-1 https://ottawa.ca/en/family-and-social-services/housing

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



• 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





