

Mothercraft Ottawa
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Please note: until further notice our programs and services are closed.
 Our team is working remotely and will be offering mostly virtual programming.
 Stay tuned for news about our in-person 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 and sing some songs and get moving!

MONDAYS
10 am

CLOSED OCTOBER 12

Missed our Circle Time?
 Catch up on



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

Yoga Poses in the Park

Starting October 13

Join us for a few yoga poses in a safe, outdoor, and socially distanced environment.
 Limited spaces available. One parent/adult can attend per family.

Tuesdays at 10 am:
 Clare Gardens Park

Thursdays at 10 am:
 Cresthaven Park

There will be screening upon arrival.
 If you or your child(ren) are not feeling well stay home.



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/caregivers to share, connect and support one another.

THURSDAYS
8:00 to 9:00 pm

For more information contact
 talor.bensonharper@mothercraft.com





Operation Imagination




Based on the Parent as Teachers Program




CIRCLE TIME	ACTIVITY KITS	BOOK WALK
Tune in every Monday during our Virtual Circle Time to read the book of the week and complete an exciting activity together!	Would you like a LOOT BAG filled with fun activities? Register monthly through Eventbrite Registration for the monthly kits ends at 9:00 PM on the following dates: October 28 November 25 *While quantities last* *Pick up details found on Eventbrite* *Kits can only be picked up on the designated date*	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

Missed our Circle Time?
 Catch up on

 **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.



16 Gestures by 16 Months

Join us for a fun and interactive workshop on the importance of gestures in the first 16 months of life.

For parents and caregivers with babies 0 to 16 months old

When:

October 16 from 1 pm to 2 pm

Facilitator: Sharon Burgess,
ABC Pediatric Therapies



Core Strengthening for Kids!

Join Pediatric Physiotherapist Stephanie Hassal as she discusses why core strength in children is so important. Learn activities that are so much fun, kids may not even realize how hard they are working!

For parents and caregivers of children 3 to 6 years old

When:

October 28 from 1:30 pm to 2:30 pm

Facilitator: Stephanie Hassal,
On the Ball Pediatric Physio and
Occupational Therapy



Fever & Snot: Your Family's Medicine Cabinet

Cold and flu season is upon us, as well as the new realities of COVID-19. Do you worry about how to treat fevers, stuffy noses, vomiting, diarrhea and other childhood ailments? Do you wonder when you should see your doctor or go to CHEO? This session is taught by a Registered Nurse formerly from CHEO and Family Medicine Practice and will provide you with tips, tricks and tools to manage typical childhood illnesses at home.

When:

October 22 from 7 pm to 9 pm

Facilitator: Alicia Ashton, RN

Breastfeeding 101 Workshop

Learn the basics of 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:

October 6 from 7 pm to 8 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant



Postpartum Strategies for Dads/Partners

This workshop is facilitated by a Postpartum Professional and will focus on the impacts of postpartum depression, anxiety on partners, explore concrete tools and strategies to provide support during the postpartum phase.

When:

October 14 7:30 pm to 9 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:

October 26 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/ 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

