

December 2020

Mothercraft Ottawa
475 Evered Ave.
613-728-1839

EarlyONyva@mothercraft.com
www.mothercraft.com

Email us if you have any questions!

All programs require registration

Click on the hyperlinked program titles to register through Eventbrite.

Mothercraft Ottawa is closed December 25 to January 3.

Virtual Circle Time

Join us for circle time! We'll read our Operation Imagination book of the week, do a fun activity, sing some songs and get moving!

MONDAYS
on Zoom
10 am

No live Circle Time on
December 21 and 28

Find recorded Circle Times on



Virtual Postpartum Support Drop-In

For mothers with infants between the ages of 0 to 12 months experiencing perinatal mental health challenges.

WEDNESDAYS
on Zoom
10 am to 12:30 pm

***Covid-19 specific**
12 pm to 12:30 pm*

CLOSED December 30

For more information contact
Courtney.Holmes@mothercraft.com

Infant Walking Group

Join us for some fresh air and a leisurely walk around the neighbourhood.

For parents/caregivers of infants 0-12 months.

Limited spaces available

WEDNESDAYS
9:30 to 10:30 am

Meet at 475 Evered Ave.

No walk on December 23 and 30

Nature Walk

Explore and discover the beautiful outdoors.

For children 2.5-6 years of age.

Limited spaces available

December 15 at 2 pm
Fletcher Wildlife Gardens

Virtual 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
on Zoom
8:00 pm to 9:00 pm

CLOSED December 24 and 31

For more information contact
talor.bensonharper@mothercraft.com




Operation Imagination

Based on the Parent as Teachers Program

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 **9:00 PM** on the following date:

January 6
January 27
February 24

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


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




@MCOttawaSchoolReadiness



@mothercraftottawa



Ontario 



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.

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. Partners are welcome and encouraged to attend!

When:
December 8 from 7 pm to 8 pm

Facilitator: Beth McMillan,
International Board Certified Lactation
Consultant

Winter Language Fun!

Join us for this fun, hands-on session, where we will read a story, sing a song, play games, learn some new vocabulary & make a craft.
***Have some white cotton balls, glue, markers and cardboard on hand!**
For parents and caregivers with children 2 to 4 years old

When:
December 11 from 1 pm to 2 pm
Facilitator: Sharon Burgess,
ABC Pediatric Therapies

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:
December 14 from 9 am to 9:45 am

Facilitator: Marie-Claude Pilon,
Mothercraft Ottawa

The Importance of Crawling

Why is crawling such a major milestone? In this session, we'll learn all about the impacts of crawling on your baby's gross motor development, and discuss tips and tricks to help your baby learn to crawl.

When: December 15 from 12 to 1 pm
Facilitator: Jenny Roy
On the Ball Pediatric Physio and Occupational Therapy

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
 - TEXT: 343-306-5550 (10am-11pm 7 days/week)
 - CHAT: www.dcottawa.on.ca (10am-11pm 7 days/week)
- 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



Join us on YouTube

Venez nous joindre sur
YouTube