EarlyONyva@mothercraft.com
www.mothercraft.com

Please note: until further notice, 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 some songs and get moving!
MONDAYS
10 am
Missed our Circle Time?
Catch up on
Yoga Poses in the Park
New yoga poses will be posted weekly at:
TUESDAYS 10:30 am
Roy Duncan Park
(Westboro)
THURSDAYS 10:30 am
Cresthaven Park
(Nepean)

For more information contact
Courtney.Holmes@mothercraft.com

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

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

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!

EarlyON Centres are open to all families in Ontario. They offer free, high-quality 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 to to help them do it. Partners are welcome and encouraged to attend!
*For parents and Early Childhood Educators*
When: November 10 from 7 pm to 8 pm
Facilitator: Beth McMillan, International Board Certified Lactation Consultant

Reading Readiness
Did you know that the skills that are the foundation for reading success emerge in the 1st year? Join us to learn all about the developmental milestones that kids need to meet in order to help them become successful readers later on.
*For parents and Early Childhood Educators*
When: November 30 from 9 am to 9:45 am
Facilitator: Marie-Claude Pilon, Mothercraft Ottawa

Tummy Time Tips
Learn how to make tummy time more fun (and tolerable!) for your infant. We will discuss the importance of tummy time, and provide plenty of tips and tricks to help your little one reach the recommended amount of tummy time (with less tears!).
*For parents and caregivers with infants 0 to 12 months old*
When: November 25 from 1:30 pm to 2:30 pm
Facilitator: Stephanie Hassal, On the Ball Pediatrics

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: November 30 from 9 am to 9:45 am
Facilitator: Marie-Claude Pilon, Mothercraft Ottawa

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 or when you should see your doctor or go to CHEO? Taught by a former Registered Nurse from CHEO and Family Medicine Practice. You will be provided with tips, tricks and tools to manage typical childhood illnesses at home.
When: November 25 from 7 pm to 9 pm
Facilitator: Alicia Ashton, RN

Nature Walk
Come join us this fall for a beautiful nature walk at Fletcher Wildlife Garden. You and your child will be encouraged to explore, discover and communicate in expressive and fun ways while enjoying the great outdoors.
*Limited spaces available*
For children ages 2 to 4 years old only.
When: November 10 at 2:00 pm
OR
November 24 at 2:00 pm
Facilitator: Alicia Ashton, RN

Infant Walking Group
Join us weekly for some fresh air! Bring your baby and your stroller or carrier for a leisurely walk around the neighbourhood.
*Limited spaces available*
When: Wednesdays from 9:30 to 10:30 am
Meet at 475 Evered Ave.
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
- Télémédicine 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 Health 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
  ○ 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

#EverythingIsGoingToBeOk
#ÇaVaBienAller