

Mothercraft Ottawa
475 Evered Ave.
613-728-1839

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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



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

New yoga poses will be posted weekly at:

TUESDAYS 10:30 am
 Roy Duncan Park
 (Westboro)

THURSDAYS 10:30 am
 Cresthaven Park
 (Nepean)



Registration not required



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

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:

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

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



@MCOttawaSchoolReadiness

Ontario



@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.



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:
November 10 from 7 pm to 8 pm

Facilitator: Beth McMillan,
International Board Certified Lactation
Consultant

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

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

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 20 from 1 pm to 2 pm

Facilitator: Sharon Burgess,
ABC Pediatrics 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:
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

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.

For parents/caregivers of infants 0-12 months.

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
<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

