

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.

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

Missed Circle Time?
Find us on
 **YouTube**

Virtual 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

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.

Nature Walk

Explore and discover the beautiful outdoors.

For children 2.5-6 years of age.

Limited spaces available

TUESDAYS 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

For more information contact
Talar.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

 **YouTube**

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

FUN AT THE PARK




Visit these parks for some fun activities!


Roy Duncan Park
Westboro
K1Z 5B7

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!

For more information please email earlyonyva@mothercraft.com

 @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!

Free Virtual Workshops

All virtual workshops require registration
Click on the hyperlinked titles to register through Eventbrite.

Breastfeeding 101 Workshop

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:

January 12 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Raising a Bilingual Child!

Join us for an informative workshop about raising a bilingual child! We will talk about some fun and engaging activities you can do at home with your little ones!
For Parents and Caregivers of children 0-6 years.

When:

January 15 from 1:00 pm to 2:00 pm

Facilitator: Sharon Burgess,
ABC Pediatric Therapies

Providing Opportunities for Gross Motor Development at Home!

In the winter season, we find ourselves spending less active time outside and more sedentary time inside. In this session, we will learn some simple ways to add in lots of opportunities for gross motor development within the home environment!

For parents and caregivers

When: January 25 from 12 pm to 1 pm

Facilitator: Jenny Roy,
On the Ball Pediatric Physio and Occupational Therapy

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:

January 11 from 9 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

