

Mothercraft Ottawa
475 Evered Ave.
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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 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

No live Circle Time on Feb 15

Missed our Circle Time?
Catch up on



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



Follow Mothercraft Ottawa on Facebook for the most up-to-date information about our in-person programs.



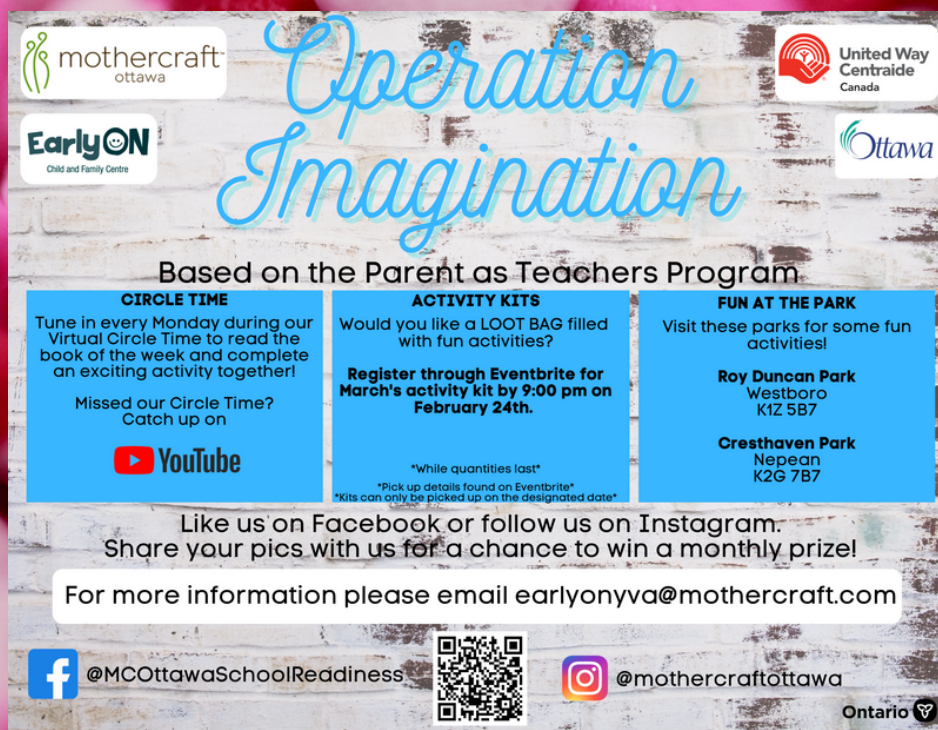
Virtual Special Needs Support Drop-In

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
8:00 pm to 9:00 pm

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 through Eventbrite for March's activity kit by 9:00 pm on February 24th. <small>*While quantities last*</small> <small>*Pick up details found on Eventbrite*</small> <small>*Kits can only be picked up on the designated date*</small>	FUN AT THE PARK Visit these parks for some fun activities! Roy Duncan Park Westboro K1Z 5B7 Cresthaven Park Nepean K2G 7B7
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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 

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.

Élever un enfant bilingue!

Cet atelier s'adresse aux parents et aux éducateurs qui désirent en apprendre plus sur ce que dit la recherche, et ce que recommande les professionnels, en ce qui a trait au bilinguisme chez le jeune enfant. De l'information, des normes et des conseils seront partagés lors de cet atelier dynamique.

Quand:
Vendredi le 5 février à 13h

Animatrice: Sharon Burgess,
ABC Pediatric Therapies

Crafting and Language Development

Join us to create some fun crafts to help foster language development!
PDF documents for the crafts will be shared with registrants the week of the workshop.

When:
February 19 from 1:00 pm to 2:00 pm

Facilitator: Sharon Burgess,
ABC Pediatric Therapies

Gross Motor Milestones in the First Two Years

Join us to discuss the major gross motor milestones that occur in the first two years of life, why they are important and how to help your child have success!

***For parents and caregivers with children
0 to 2 years***

When: February 22 from 12:00 pm to 1:00 pm

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



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:
February 9 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

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:
February 17 from 7 pm to 9 pm
Facilitator: Alicia Ashton, RN



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>
- Tél  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

