

**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 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**

Missed our Circle Time?  
 Catch up on



## Virtual Infant Drop-In

Join us on Zoom to meet and  
 socialize with other parents or  
 caregivers of infants 0-12  
 months of age.

We'll chat about topics  
 pertaining to infant  
 development and everyday  
 life with an infant!

**TUESDAYS**  
**1 pm to 2 pm**

**NEW!**

## 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

## 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 pm to 9 pm**

For more information contact  
 talor.bensonharper@mothercraft.com



**Operation Imagination**

Based on the Parent as Teachers Program

CIRCLE TIME	ACTIVITY KITS	FUN AT THE PARK
Tune in every Monday during our Virtual Circle Time to read the book of the week and complete an exciting activity together!	Would you like a kit filled with fun activities?	Visit these parks for some fun activities!
Missed our Circle Time? Catch up on	Registration begins on Eventbrite:	
	March 10 April 14 May 12	<b>Roy Duncan Park</b> Westboro K1Z 5B7
	*While quantities last*	<b>Cresthaven Park</b> Nepean K2G 7B7
	*Pick up details found on Eventbrite*	
	*Kits can only be picked up on the designated date*	

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](mailto: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](mailto: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:**

March 9 from 7 pm to 8 pm

or

March 23 from 7 pm to 8 pm

**Facilitator:** Beth McMillan,  
International Board Certified Lactation Consultant

## 16 Gestures by 16 Months

Join us for a fun and interactive workshop on the importance of gestures in the first 16 months of life.

**\*For parents and caregivers with infants  
0 to 16 months old\***

**When:**

March 26 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:**

March 29 from 9:00 am to 9:45 am

**Facilitator:** Marie-Claude Pilon,  
Mothercraft Ottawa

## Tips and Tricks for Tummy Time

Join us to discuss the benefits of tummy time. We will chat about what milestones we're looking for in the first year of life, and ways to make it easier and more enjoyable for your little one!

**When:**

March 29 from 12 pm to 1 pm

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

## Conscience Phono

Précurseur important dans l'apprentissage de la lecture  
et de l'écriture!

Le quoi? Le pourquoi? Le comment?  
Atelier pour les parents et éducateurs à la petite enfance!

**Quand:**

Vendredi le 26 mars à 12h

**Animatrice:** Sharon Burgess,  
ABC Pediatric Therapies



# 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  Sant  Ontario: 1-866-797-0000

## Community Information

- 2-1-1

## Diverse Populations

- **OCISO** 613-725-5671 ext.316/ [info@ociso.org](mailto:info@ociso.org)/ [www.ociso.org](http://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](http://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

