

May 2021

Early@N

Child and Family Centre



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 or dates to register through Eventbrite.

Virtual Circle Time

Join us for a Zoom circle time! We'll read our Imagination Station book of the week, do a fun activity and sing some songs and get moving!

> MONDAYS 10 am

NO LIVE CIRCLE ON MAY 24

Missed our Circle Time? Catch up on

YouTube

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

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





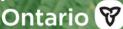


Clothing Donation Closet

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.

Bilingualism

This workshop will focus on strategies, tips and expectations for families who are raising bilingual children.

For parents and caregivers

When:

May 27 from 3:00 pm to 4:00 pm

Facilitator: Sharon Burgess, ABC Pediatric Therapies

Breastfeeding 101 Workshop

Learn about infant feeding, how to get off to a good start and feel confident feeding your baby. Also 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

May 11 from 7:00 pm to 8:00 pm OR May 25 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan, International Board
Certified Lactation Consultant

How to Counteract Sitting In Front of Screens

Counteract effects of screens on the body. Jenny will present stretches and fun exercises that take up very little space. She will also talk about different postures that will help the brain learn while in front of screens.

For parents and caregivers

When: May 27 from 1:00 pm to 2:00 pm

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



This workshop will include tips and tricks from a Pediatric Occupational Therapist.

We will address the underlying neurobiology of connecting with your child and will provide some insightful tools to help your child manage anxiety, temper tantrums, and improve sleep.

When:

May 20 from 1:00 pm to 2:00 pm

Facilitator: Amanda Roi, 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:

May 17 from 9 am to 9:45 am

Facilitator: Marie-Claude Pilon, Mothercraft Ottawa

Conscience Phonologique:

Pourquoi est-ce si important dans le développement de votre enfant?

Sharon Burgess, orthophoniste, expliquera le rôle de la conscience phonologique dans l'apprentissage de la lecture et de l'écriture, et présentera des idées d'activités ludiques à faire avec vos enfants pour les aider à développer cette habileté si importante!

Quand:

le 13 mai à15h

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
- Télé Santé Ontario: 1-866-797-0000



• 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).
 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



