

**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



## 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



## Imagination Station

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 kit filled  
with fun activities?

Registration begins on Eventbrite:

**May 12**

\*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!


**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!

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.**

## 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



## Anxiety and Co-regulation

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

## 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 à 15h

**Animatrice:** 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

## 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





# 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](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

