# vly 202

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\*

#### Virtual Circle Time

Watch our pre-recorded /irtual Circle Time where we read the book of the week and complete an exciting activity!

**WEEKLY CIRCLE TIME VIDEOS UPLOADED TO:** 

**YouTube** 

#### Get Movin' Virtually

Join us to get moving with some fun activities with a physiotherapist from On The Ball Pediatric Physio and Occupational Therapy!



**TUESDAYS** 10 am

### 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

#### **Virtual Special Needs Support Drop-In**

Early ON

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



Based on the Parent as Teachers Program \*\*Please note activities are subject to change based Covid guidelines

Watch our pre-recorded Virtual Circle Time where we read the book of the week and complete an exciting activity!

Find our pre-recorded circle times on:

YouTube

#### ACTIVITY KITS

Would you like a kit filled with fun activities?

Registration begins on Eventbrite:

July 7 August 11

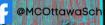
Visit these parks for a self-guided story walk!

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



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!











# **Emergency**

# Resource List

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).
   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 Crisé 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



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