

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 Virtual Circle Time where we read the book of the week and complete an exciting activity!

WEEKLY CIRCLE TIME VIDEOS UPLOADED TO:



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
 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

****Please note activities are subject to change based Covid guidelines**

CIRCLE TIME

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:



ACTIVITY KITS

Would you like a kit filled with fun activities?

Registration begins on Eventbrite:

July 7
 August 11

While quantities last

Pick up details found on Eventbrite

Kits can only be picked up on the designated date

BOOK WALK

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
bpccp@mothercraft.com

BY APPOINTMENT ONLY!

EarlyON Centres are open to all families in Ontario. They offer free, high-quality drop-in programs for families and children from birth to 6 years old.

Free Virtual Workshops

All virtual workshops require registration



Summer Speech & Language Activities

This interactive workshop will be filled with fun and engaging activity ideas that you can do with your child this summer to foster speech and language development.

For parents and caregivers with children 3-5 years old

When:

July 9 from 1:00 pm to 2:00 pm

Facilitator: Sharon Burgess,
ABC Pediatric Therapies



Fun with Phonological Awareness!

Have your pre-schooler do fun and engaging phonological awareness activities with Sharon Burgess, speech-language pathologist, to get your pre-schooler's brain ready to learn to read & write!

For parents and caregivers with children 3-5 years old

When:

July 23 from 1:00 pm to 2:00 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. 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:

July 13 from 7:00 pm to 8:00 pm

or

July 27 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan, International Board
Certified Lactation Consultant



Shoes or No Shoes?

It depends! What is the best footwear for your child and why? It may not be what you think! Will touch on orthotics as well.

***For parents and caregivers with children
18 months to 6 years old***

When: July 29 from 2:00 pm to 3:00 pm

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



Reintegrating: Getting back to activity following Covid

This workshop will discuss the topic of routines, sleep schedules, anxiety, and tools to help parents get their children back into our community and the activities they love.

When:

July 15 from 10:30 am to 11:30 am

Facilitator: Amanda Roi,
On the Ball Pediatric Physio and Occupational Therapy

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/ 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

