

**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**

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](mailto: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](mailto:talor.bensonharper@mothercraft.com)



**mothercraft ottawa** **EarlyON** **Ontario** **Ottawa**

*Imagination Station*

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

CIRCLE TIME	ACTIVITY KITS	BOOK WALK
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? Registration begins on Eventbrite:	Visit these parks for a self-guided story walk!
Missed our Circle Time? Catch up on	May 12 June 9 July 14	<b>Clare Gardens Park</b> Westboro K1Z 7E3 <b>Greathaven Park</b> Nepean K2G 7B7
	<small>*While quantities last*</small> <small>*Pick up details found on Eventbrite*</small> <small>*Kits can only be picked up on the designated date*</small>	

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  
[bpcc@mothercraft.com](mailto:bpcc@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:

June 8 from 7:00 pm to 8:00 pm

OR

June 22 from 7:00 pm to 8:00 pm

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



## Sports and Kids

Why your child should NOT practice only one sport at an early age. We will explain the importance for your child to practice a variety of different sports, not necessarily all organized sports either. With summer around the corner, we will talk about a variety of physical games that can be practiced at home or at the park.

**When:** June 24 from 1:00 pm to 2:00 pm

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

## Summer Speech and 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\***

June 10 from 1:00 pm to 2:00 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:

June 14 from 9 am to 9:45 am

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

## Toilet Training: More than just Sticker Charts

This workshop will help parents and caregivers to understand when their child is ready to be toilet trained. Preparing the body and nervous system for toileting success is instrumental in the success of this life skill. We will discuss tips and tricks on achieving success and discuss why it is important not to panic when regression happens.

### When:

June 17 from 1:00 pm to 2:00 pm

**Facilitator:** 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](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

