



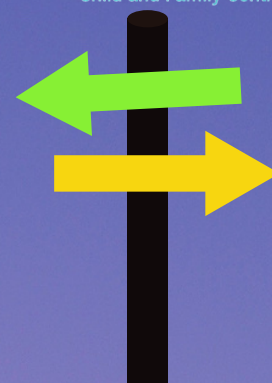
Mothercraft Ottawa
475 Evered Ave.
613-728-1839

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

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:



Playgroup in the Park

Join us at the park for some fun activities and to connect with other families!

TUESDAYS
10:30 am to 11:30 am

August 10 & 24
Roy Duncan Park

August 17 & 31
Cresthaven Park

Please click the date/park to register

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

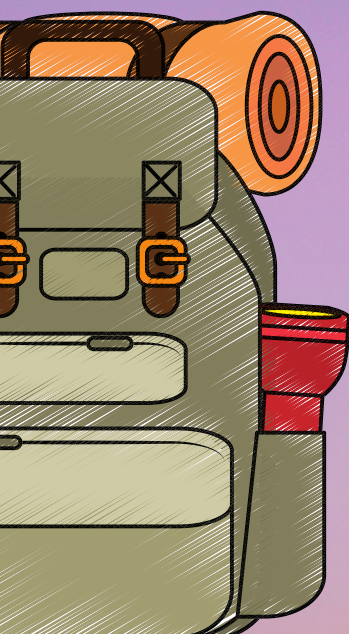
Virtual Special Needs Support Drop-In

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 on 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:

August 11
September 8

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
bpcp@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

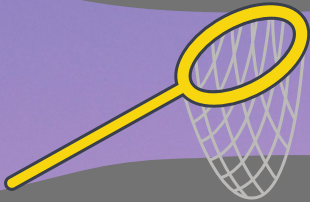
Learn about infant feeding, how to get off to a good start and feel confident feeding your baby. Learn how babies know just what to do and what you can do to help them do it. Partners are welcome and encouraged to attend!

When:

August 10 from 7:00 pm to 8:00 pm
or

August 24 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan, International Board
Certified Lactation Consultant



On s'amuse avec les sons!

Activités de conscience phonologique engageantes et amusantes afin d'aider le cerveau de votre enfant à apprendre à lire et à écrire! Dans cet atelier interactif, Sharon Burgess, orthophoniste, fera des activités avec les enfants et partagera des stratégies gagnantes pour le développement de cette habileté importante dans le développement des habiletés en lecture et en écriture.

Parents et enfants entre 3 et 5 ans

Quand:

le 6 août à 13h

Facilitator: Sharon Burgess,
ABC Pediatric Therapies



Picky Eating: The Sensory Challenges that can Affect Eating

We will help parents identify sensory challenges that may be impacting success with feeding. The importance of body awareness, core muscle strength, and activities to engage children in before meals will be discussed. Modifying your home environment for successful family mealtime will be reviewed.

When: August 19 from 9:00 am to 10:00 am

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

Get Movin' Virtually

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

When:

Tuesday Mornings at 10:00 am

Facilitator: On The Ball Pediatric Physio and
Occupational Therapy

16 Gestures by 16 Months

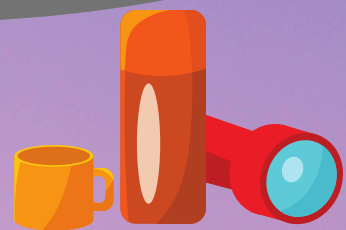
Join us for a fun and interactive workshop on the importance of gestures in the first 16 months of life!

For parents and caregivers with infants 0 to 16 months old

When:

August 20 from 9:00 am to 10 am

Facilitator: Sharon Burgess,
ABC Pediatric Therapies



Getting Ready for School!

Getting ready for school. Balance and coordination and how it helps attention, concentration and self-regulation (the ability to stay calm!) Tips and tricks for you and your child.

For parents and caregivers with children who are getting ready for school

When:

August 19 from 2:00 pm to 3:00 pm

Facilitator: Liane Norman,
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

