

# September 2021



**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:**



## 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 topics**  
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  
taylor.bensonharper@mothercraft.com

## Roy Duncan Playgroup in the Park

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

**MONDAYS**  
10:00 am to 11:00 am

**Roy Duncan Park**  
K1Z 5B7

## Playgroup in the Park for Children with Special Needs

Join us to connect with other families with children who have special needs and for some fun activities.

**TUESDAYS**  
10:00 am to 11:00 am

**Cresthaven Park**  
K2G 7B7

## Cresthaven Playgroup in the Park

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

**FRIDAYS**  
10:00 am to 11:00 am

**Cresthaven Park**  
K2G 7B7



Starting  
September 13th





## 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:  
September 8  
October 13  
November 10  
\*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](mailto:earlyonyva@mothercraft.com)



@MCottawaSchoolReadiness @mothercraftottawa

## School Readiness Program for Children on the Autism Spectrum

We are offering 3 FREE sessions that will include:

- Weekly activity kits that promote school readiness skills and social skills
- iPad & internet stick on loan to participate in virtual programming
- Equipment rentals (peanut ball, etc.)
- Workshops and support sessions for parents/caregivers with On the Ball Pediatric Physio & Occupational Therapy

To register or for more information contact  
613-728-1839 ext 228 or  
[taylor.bensonharper@mothercraft.com](mailto:taylor.bensonharper@mothercraft.com)



**NEW**

More details on page 3

**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\***  
**Click on the hyperlinked titles to register through Eventbrite.**



## **Alphabet & Phonics: Learning how to read and write**

This workshop will focus on the importance of phonic skills, and alphabet knowledge, in becoming a reader and a speller. Tips and fun hands-on activities to do at home will be shared to help parents support their child in learning their alphabet, and in developing their phonic skills.

**\*For parents and caregivers with children 4-5 years\***

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

**Facilitator:** Sharon Burgess,  
ABC Pediatric Therapies



## **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:**  
September 23 from 10:00 am to 11:00 am

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

## **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:**  
September 14 from 7:00 pm to 8:00 pm  
or  
September 28 from 7:00 pm to 8:00 pm

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



## **Attention, Balance and Coordination: For School Success**

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 starting school\***

**When:** September 23 from 1:00 pm to 2:00 pm

**Facilitator:** On the Ball Pediatric Physio and Occupational Therapy



## **Clothing Donation Closet**

If you are in need of infant clothing sizes 0 to 12 months, please contact  
bpcp@mothercraft.com

**BY APPOINTMENT ONLY!**



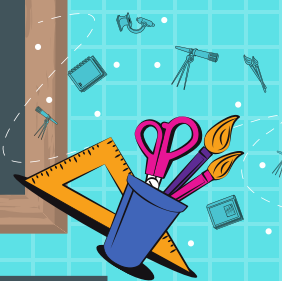


# School Readiness Program for Children on the Autism Spectrum



We are offering 3 FREE sessions that will include:

- Weekly activity kits that promote school readiness skills and social skills
- iPad & internet stick on loan to participate in virtual programming
- Equipment rentals (peanut ball, etc.)
- Workshops and support sessions for parents/caregivers with On the Ball Pediatric Physio & Occupational Therapy



## DETAILS:

**WHO:** Children 2 years & up who are on the Autism Spectrum

### WHEN:

Session #1:	Session #2:	Session #3:
September 13, 20 & 27	October 4, 18 & 25	November 1, 8 & 15
Cresthaven Park	Roy Duncan Park	Park TBD

*Parent sessions will be held on separate dates*

To register or for more information contact  
613-728-1839 ext 228 or  
[talor.bensonharper@mothercraft.com](mailto:talor.bensonharper@mothercraft.com)



# 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  
[www.ottawapublichealth.ca](http://www.ottawapublichealth.ca)  
[www.santepubliqueottawa.ca](http://www.santepubliqueottawa.ca)
- **Telehealth Ontario/Telesante Ontario** 1-866-797-0000  
TTY 1-866-797-0007



## 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](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
- **LGBTQ+ YouthLine** 1-800-268-9688 or online at [www.youthline.ca](http://www.youthline.ca)
- **Black Youth Helpline** 1-833-294-8650 or online at [www.blackyouth.ca](http://www.blackyouth.ca)

## Local Counselling Agencies

- <https://walkincounselling.com> - Now offering in-person options
- [www.counsellingconnect.org](http://www.counsellingconnect.org)

## 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
- Parent Support Line 613-565-2467 ex 2 or [information@parentresource.ca](mailto:information@parentresource.ca)

