

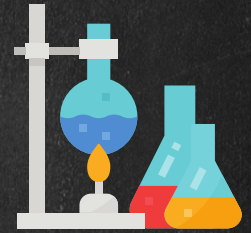


**EarlyONyva@mothercraft.com**  
**www.mothercraft.com**

Email us if you have any questions

**\*All programs require registration\***

Click on the hyperlinked program titles 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  
beth.mcmillan@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**

**NO GROUP NOV 18**

For more information contact  
talor.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**

**Roy Duncan Park  
K1Z 5B7**

## 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**

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:

November 10  
December 6

\*While quantities last\*

\*Pick up details found on Eventbrite\*

### 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



# 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:

November 9 from 7 pm to 8 pm

or

November 23 from 7pm to 8 pm

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

## 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:

November 26 from 1:30 pm to 2:30 pm

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

## Meltdowns or Temper Tantrums: is there a difference?

Sometimes it is challenging to know when your child is simply overwhelmed and cannot cope with the demands or expectations placed upon them or to know when they are simply upset, crying or screaming because they learned that this will get them what they want. Join us to learn tips and tricks for these behaviours.

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

**When:** November 17 from 1 pm to 2 pm

**Facilitator:** On the Ball Pediatrics

## Pediatric Incontinence

Bedwetting and pediatric incontinence is often overlooked and as children grow older and not talked about much because of the nature of the matter. We help children of all ages with pediatric incontinence, from competitive swimmers and gymnasts to children with neurological conditions. This webinar will help you understand what is going on and give tips on how you can help your child struggling to stay dry.

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

### When:

November 18 from 1 pm to 2 pm

**Facilitator:** On the Ball Pediatrics



# 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)



### Clothing Donation Closet

If you are in need of infant clothing sizes 0 to 12 months, please contact [bpcp@mothercraft.com](mailto:bpcp@mothercraft.com)

**BY APPOINTMENT ONLY!**