

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**

NO GROUP OCTOBER 21

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**

CLOSED OCTOBER 11

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**

 **Imagination Station**

Based on the Parent as Teachers Program

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

<p>CIRCLE TIME</p> <p>Watch our pre-recorded Virtual Circle Time where we read the book of the week and complete an exciting activity!</p> <p>Find our pre-recorded circle times on:</p> <p> YouTube</p>	<p>ACTIVITY KITS</p> <p>Would you like a kit filled with fun activities?</p> <p>Registration begins on Eventbrite:</p> <p>October 13 November 10</p> <p><small>*While quantities last</small></p> <p><small>*Pick up details found on Eventbrite</small></p> <p><small>*Kits can only be picked up on the designated date</small></p>	<p>BOOK WALK</p> <p>Visit these parks for a self-guided story walk!</p> <p>Clare Gardens Park Westboro K1Z 7E3</p> <p>Cresthaven Park Nepean K2G 7B7</p>
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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

School Readiness Program for Children on the Autism Spectrum

We are offering **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

To register or for more information contact
613-728-1839 ext 228 or
talor.bensonharper@mothercraft.com

More details on page 3

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:

October 12 from 7:00 pm to 8:00 pm
or

October 26 from 7:00pm to 8:00 pm

Facilitator: Beth McMillan, International Board Certified Lactation Consultant

Screen Time & Language Development: What do the Professionals Say?

Join Sharon Burgess, speech-language pathologist, to learn about the impact of screen time on language development, and how you can turn screen time into an opportunity to help develop language and social emotional skills.

When:

October 22 from 1:00 pm to 2:00 pm

Facilitator: Sharon Burgess,
ABC Pediatric Therapies



Toilet Training: "No if, ands or Butts"

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:

October 15 from 1:30 to 2:30 pm

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

Tip Toe Walking

Does this mean my child is autistic? What does it mean if your child is walking on toes and what can you do about it?
Hint: It's not all about the stretching!

When:

October 21 from 1:00 pm to 2:00 pm

Facilitator:

On the Ball Pediatric Physio and Occupational Therapy



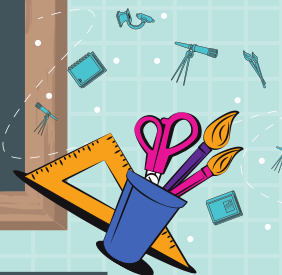


School Readiness Program for Children on the Autism Spectrum



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



DETAILS:

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

WHEN:
November
2, 9 & 16

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

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

Local Counselling Agencies

- <https://walkincounselling.com> - Now offering in-person options
- 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



Clothing Donation Closet

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

BY APPOINTMENT ONLY!