

November 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 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!

> **TUFSDAYS** 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

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

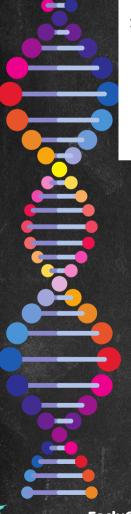
> > **Roy Duncan Park** K1Z 5B7

Cresthaven Playgroup in the Park

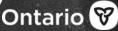
Join us at the park for some fun activities and to connect with other families!

FRIDAYS 10:00 am to 11:00 am

> Cresthaven Park **K2G 7B7**







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 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