

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
CLOSED Dec 28**

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
CLOSED Dec 30**

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 am to 11 am
CLOSED Dec 27**

**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 am to 11 am
CLOSED Dec 28**

**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 am to 11 am
CLOSED Dec 24
CLOSED Dec 31**

**Cresthaven Park
K2G 7B7**



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:

December 6
January 12
February 9

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

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:

December 7 from 7 pm to 8 pm

OR

December 21 from 7 pm to 8 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Holiday Overload

Tips and tricks on how to help a child overcome the sensory overload during the holiday season. What is sensory overload? How does it manifest? What can you do?

When:

December 16th from 1 pm to 2 pm

Facilitator: On the Ball Pediatric
Physio & Occupational Therapy

Growing Pains

Why do kids get growing pains- the different kinds of growing pain and when you absolutely need to consult a physiotherapist or go to the emergency.

When: December 9 from 1:15 pm to 2:15 pm

Facilitator:

On the Ball Pediatric Physio and Occupational Therapy

Winter Fun and Language Development

Join in with your toddler or preschooler for fun and interactive activities to help foster speech and language development.

When:

December 15 from 10 am to 11 am

Facilitator: Sharon Burgess, Speech-Language
Pathologist, ABC Pediatric Therapies

Night Walk

When the sun goes down, join us for a nocturnal scavenger hunt through the neighborhood, hot chocolate and story time.

Please wear appropriate clothing.

For children ages 3 to 6 years old

When: December 8 from 6:30 pm to 7:15 pm

Facilitators: Marie-Claude Pilon and Beth McMillan
Location: 475 Evered Ave.

Meeting outside Mothercraft Ottawa's main entrance

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!



For Fee Virtual Workshops

December 2021

Click on the hyperlinked titles to register through Eventbrite.

Baby's Here! Now What? Workshop

This virtual workshop was designed to compliment our prenatal class and is best suited for people in the 3rd trimester. Evidence based research and best practices guide the topics that should come in the instruction manual with a new baby, but don't! Newborn care and safety, reading infant cues, attachment parenting, mindful parenting tips, and resources/live demo of hands on activities help prepare you for life with a new baby. Evidence based resources and contact with your instructor via telephone/email to answer any additional questions are included.

When: December 5 at 9 am

Fee: \$ 125/ couple

Breastfeeding and the Older Baby

Your baby isn't a newborn anymore! That was fast! How does breastfeeding the older baby work? Join us as we discuss navigating solid foods, teething, changing sleep needs, nursing a toddler and consideration of another pregnancy.

When: December 22 at 1:30 pm

Fee: \$30/couple

Prenatal Class

Offers a comprehensive overview of labour, delivery and a glimpse into the first 24 hours for both mom and baby. You will receive current evidence based information on stages/phases of labour, medical and non-medical pain relief options, hands on comfort measures, interventions, informed consent and an opportunity to try our pregnancy simulator for partners.

Suggested for the 3rd trimester.

When: December 12 at 9 am

Fee: \$140/couple

For more information:
classes@mothercraft.com