

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

Join us for a Zoom circle time!
We'll read our Imagination
Station book of the week and
do a fun activity

STARTING JAN 17
MONDAYS
10 am

Missed our Circle Time?
Catch up on



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 JAN 20

For more information contact
talor.bensonharper@mothercraft.com

Virtual Coffee Chat

Grab yourself a coffee or tea
and join us for a virtual chat.
We'll chat about everything
pertaining to parenting young
children!

STARTING JAN 21
FRIDAYS
10 am








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>ACTIVITY KITS</p> <p>Would you like a kit filled with fun activities?</p> <p>Registration begins on Eventbrite:</p> <p>December 6 January 12 February 9</p> <p><small>*While quantities last*</small> <small>*Pick up details found on Eventbrite*</small> <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



Free Virtual Workshops

All virtual workshops require registration
Click on the hyperlinked titles to register through Eventbrite.



Infant Massage

Infant massage virtual workshop will cover the basics of Infant Massage to foster communication and loving touch between you and your baby. Infant massage is helpful for calming, supporting sleep, play time and encouraging the bond you share with your baby.

For parents and caregivers with infants 2 months to 12 months

When: January 10 at 9:30 am

Facilitator: Beth McMillan, Mothercraft Ottawa

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:

January 11 from 7:00 to 8:00 pm

or

January 25 from 7:00 to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Gross Motor Delays & Sensory Processing Disorder

We will discuss developmental gross motor delays in babies and children and the link with Sensory Processing Disorder and Autism. We will How are they are related and what can you do help your child.

For parents and caregivers with children 0 to 6 years

When: January 26 from 1:30 pm to 2:30 pm

Facilitator: On the Ball Pediatrics

Fine Motor Games with Items Around The House

We will chat about ways you and your child can practice readiness skills for handwriting, utensil use and more with simple household items!

For parents and caregivers with children 0 to 6 years old

When: January 20 from 1 pm to 2 pm

Facilitator: On the Ball Pediatrics

Phonological Awareness Skills: What, Why, How

Join us to learn all about phonological awareness skills, and what you can do at home to help your child learn these important skills for learning to read and write.

For parents and caregivers with children 3 to 6 years old

When: January 20 from 3 pm to 4 pm

Facilitator: Sharon Burgess,
ABC Pediatric Therapies



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

January 2022

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: January 9 at 9:00 am

Fee: \$ 125/ couple

Ask the Lactation Consultant!

Have questions about breast/chestfeeding? Pumping? Anything infant feeding related?

Mothercraft Ottawa is pleased to offer 'Ask the LC' virtual sessions.

Bring your questions and chat with an IBCLC (International Board Certified Lactation Consultant).

When: January 26 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: January 23 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com