

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:**



Stroller/Carrier Walking Group

Join us for a walk and connect with other parents. Spaces are limited.

Activity kits focused on infant development will be handed out at the end of the session.

TUESDAYS

10:00 am to 11:00 am
Meet at 475 Evered Ave

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 JUNE 16

For more information contact
talor.bensonharper@mothercraft.com

Virtual Coffee Chat

Grab yourself a coffee or tea and join us for a discussion about parenting young children!

FRIDAYS
10 am to 11 am

NO GROUP JUNE 3

STAY TUNED!

**Fun summer programming
coming soon!**

**Our Imagination Station Activity
Kits are on summer vacation for the
months of July and August.**

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:

June 7 from 7:00 pm to 8:00 pm

or

June 21 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan, International Board Certified Lactation Consultant



Caring for the Caregiver!

After the past two years, we have all been put through so much stress, uncertainty and isolated from our typical supports. This workshop will help to put your own oxygen mask back on by reminding us about the importance of self-care!

Intended for caretakers of all forms!

When: June 16 from 1:30 pm to 2:30 pm

Facilitator: On the Ball Pediatrics

Double Jointed, Over Flexible and Joint Hypermobility

They are NOT the same! How can this affect your child's interest in physical activity/ games, coordination and balance and attention. And what you can do about it.

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

When: June 23 from 2 pm to 3 pm

Facilitator: On the Ball Pediatrics



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: June 13 from 9:00 am to 9:45 am

Facilitator: Beth McMillan, Mothercraft Ottawa



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

June 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: June 12 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: June 29 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: June 26 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com