

August 2022

Mothercraft Ottawa
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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 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 AUGUST 18

For more information contact
 talor.bensonharper@mothercraft.com

Playgroups in the Park!

Roy Duncan Playgroup in the Park

Join us at the park for some fun activities and to connect with other families!
 There is a splash pad to enjoy!
 A visit from The Zoo Crew will start at 10:30am.

TUESDAYS
10:00 am to 11:30 am
NO PARK AUGUST 30
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!
 A performance with Sing Song Party Time will start at 10:30am.

THURSDAYS
10:00 am to 11:30 am
CRESTHAVEN PARK
K2G 7B7

Fisher Park Playgroup in the Park

Join us at the park for some fun activities and to connect with other families!
 There is a splash pad to enjoy!
 A performance with Sing Song Party Time will start at 10:30am.

FRIDAYS
10:00 am to 11:30 am
FISHER PARK
K1Y 3H9

Entertainment at the parks may vary

MONDAY MUSIC IN THE PARK!

Sing Song Party Time will join us for some music in the park. Take home activities will be provided!

AUGUST 8 & AUGUST 22
10:30 am to 11:15 am

AUGUST 15
1:30 pm to 2:15 pm

DUNDONALD PARK
K1R 5J9

Saturday in the Park!

The Zoo Crew

August 20 from 9:45 am to 10:45 am
Fisher Park
18 Byron Ave

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:

August 9 from 7:00 pm to 8:00 pm

or

August 23 from 7:00 to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant



Green Thumb = Green Brain!

This workshop will explore how nature based play can help not only with our kiddos physical health, but their emotional, mental, social and developmental health! Learn some ways to incorporate nature into your family and all the benefits that can result!

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

When:

August 18 from 1:30 pm to 2:30 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: August 15 from 10:00 am to 10:45 am

Facilitator: Beth McMillan, Mothercraft Ottawa

Imagination Station Activity Kits are BACK!

Pick Up for September's Kit is
August 26th!

Registration opens August 8.

Click **HERE** for more information!

YAY!

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\(24/7\)](http://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

August 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: August 14 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: August 24 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: August 28 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com