



**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.

## **Barrhaven Stroller/Carrier Walking Group**

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

**MONDAYS**  
10:00AM to 11:00AM  
Meet at 75 Waterbridge Dr  
**NO GROUP SEPTEMBER 5**

## **Westboro Stroller/Carrier Walking Group**

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

**TUESDAYS**  
10:00AM to 11:00AM  
Meet at 475 Evered Ave  
**NO GROUP SEPTEMBER 6**

## **Virtual Postpartum Support Drop-In**

For mothers with infants between the ages of 0 to 12 months experiencing perinatal mental health challenges.

For more information contact  
courtney.holmes@mothercraft.com

**WEDNESDAYS**  
10AM to 12:30PM  
**\*Covid-19 specific topics**  
12:00PM to 12:30PM

## **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

**WEDNESDAYS**  
10:00AM to 11:30AM  
Cresthaven Park  
K2G 7B7

## **CHEO Drop-in Playgroup**

Join us for a morning of learning activities and the opportunity to connect with other families. A facilitator from CHEO will be present to answer questions and provide resources. Spaces are limited

**THURSDAYS**  
**Starting September 15**  
10:00AM to 11:30AM  
75 Waterbridge Dr.

## **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 & support one another.

For more information contact  
talor.bensonharper@mothercraft.com

**THURSDAYS**  
8:00PM to 9:00PM  
**NO GROUP SEPTEMBER 15**

## **Virtual Coffee Chat**

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

For more information contact  
beth.mcmillan@mothercraft.com

**FRIDAYS**  
10AM to 11AM

## **Dundonald Playgroup in the Park**

Join us at the park for some fun activities and to connect with other families and caregivers! Take home activities will be available.

A performance with Sing Song Party Time will start at 10:30am.

**FRIDAY SEPTEMBER 23**  
11:00AM to 12:30AM  
Dundonald Park  
K1R 5J9

## **Imagination Station Activity Kits!**

Pick Up for October's Kit is  
September 30th!  
Registration opens September 14.  
Click **HERE** for more information!

**Saturday in the Park**  
**Junkyard Symphony**  
**September 24**  
**9:45 am to 10:45 am**  
**Cresthaven Park**  
**28 Cresthaven Dr.**



**School's Cool for Children with Autism**

School's Cool is a **FREE** school readiness program which helps develop skills in preparation for kindergarten

School's Cool is for children with Autism diagnosis who are starting kindergarten in 2022 or 2023.

**\*Open to families who have concerns about their child's development\***

Email us for more information and to be put on our waitlist!  
talor.bensonharper@mothercraft.com

Details to be determined!

Logos: mothercraft ottawa, school's Cool, United Way Centralide Canada



# Free Virtual Workshops

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

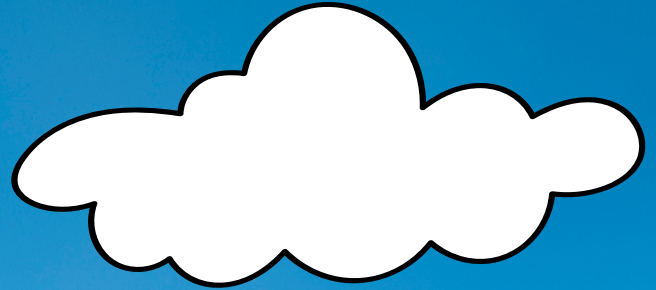
## Breastfeeding 101 Workshop

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:

September 13 from 7:00 pm to 8:00 pm  
or  
September 27 from 7:00 pm to 8:00 pm

**Facilitator:** Beth McMillan,  
International Board Certified Lactation Consultant



## 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:** September 13 from 10:00 am to 10:45 am  
**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Toileting how TWOs

Taking a deep dive into the world of toileting. Learn about toileting readiness as well as how to best support your little ones physically, developmentally, emotionally and environmentally.

**\*For parents and caregivers\***

**When:** September 22 from 1:30 pm to 2:30 pm  
**Facilitator:** On the Ball Pediatrics



## How to Help my Child Get Ready to Learn to Read

This workshop offered by Sharon Burgess, speech-language pathologist, will help parents understand what is phonological awareness, why it's so important when it comes to learning to read and write, and what parents can do at home to help their child succeed when it comes time for them to learn to read and write.

**\*For parents and caregivers with children 4 to 6 years old\***

**When:** September 22 from 7pm to 8pm  
**Facilitator:** On the Ball Pediatrics



# SENSORY STORYTIME

Our storytime welcomes and respects the needs of children aged 0-6 years living with developmental disabilities and/or Autism, who may face barriers related to sensory experiences, show signs of, or are at risk for a developmental delay.

Ruth E. Dickinson Library  
100 Malvern Dr. in Barrhaven  
Register for your preferred session(s) at  
[BiblioOttawaLibrary.ca](https://BiblioOttawaLibrary.ca)

Saturdays from 2:00 pm to 3:00 pm

September 24

October 8

November 5

December 3

Library cards and all programs are FREE. Don't have a card?  
Sign up online at <https://bibliottawalibrary.ca/en/getacard>

A family member must be present for the entirety of the event.  
For more information please contact Julio  
[Julio.reyes.cocka@mothercraft.com](mailto:Julio.reyes.cocka@mothercraft.com)  
613-728-1839

Fall 2022

EarlyON  
ON y va  
Child and Family Centre  
Centre pour l'enfant et la famille

mothercraft  
ottawa

Ottawa

Ottawa Public  
Library  
Bibliothèque  
publique d'Ottawa

parenting in  
**Ottawa**  
DROP-IN

**SATURDAYS**

**from 10 am to 12:30pm**

No appointment necessary, simply drop-in during the clinic's hours.  
Clinics are closed on statutory holidays unless otherwise specified.

Do you have questions about your baby? Want to know if your child is on track? Do you have questions about your child's growth and development? We are here to help. The Parenting in Ottawa drop-ins are located across the City of Ottawa.

- Speak, in person, with a Public Health Nurse about parenting.
- Get support for infant feeding.
- Learn ways to help your child eat healthy and be active.
- Make sure your child is on track with their growth and development.
- Ask about your child's social and emotional development

The program is available to:

Expectant parents, parents and guardians of children aged birth to 6 years of age.



# 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](http://www.ottawapublichealth.ca)  
[www.santepubliqueottawa.ca](http://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](mailto:info@ociso.org)/ [www.ociso.org](http://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](http://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](http://www.youthline.ca)
- **Black Youth Helpline** 1-833-294-8650 or online at [www.blackyouth.ca](http://www.blackyouth.ca)

## Local Counselling Agencies

- <https://walkincounselling.com> - Now offering in-person options
- [www.counsellingconnect.org](http://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](mailto:information@parentresource.ca)



### Clothing Donation Closet

If you are in need of infant clothing sizes 0 to 12 months, please contact [bpcp@mothercraft.com](mailto:bpcp@mothercraft.com)

**BY APPOINTMENT ONLY!**



## For Fee Virtual Workshops

**September 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: September 11 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: September 28 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: September 25 at 9:00 am

Fee: \$140/couple

For more information:  
[classes@mothercraft.com](mailto:classes@mothercraft.com)